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NEWS WORTH SHARING.

Cops save 18 from forced sex work across country

Nine people were arrested in the sting and now 33 charges PAGE 10

Tent city's fate in judge's hands

B.C. Supreme Court justice's ruling may dismantle homeless camp in Oppenheimer Park PAGE 3

NO NEED TO FEAR THE A-WORD

STILL CONFOUNDED BY THE NHL'S GROWING ANALYTICS MOVEMENT? METRO'S GOT A QUICK PRIMER ON ADVANCED STATS, FROM CORSI TO FENWICK PAGE 30

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5 years for killing her own babies

Infanticide. Pair of newborn boys were secretly disposed of in 2009 and 2010

Police officers wait in the alley behind an East Vancouver home on April 2, 2009, after an infant's body was found wrapped in a plastic bag. The baby's mother, Sarah Leung, was sentenced on Tuesday to five years in prison. JENNIFER GAUTHIER/FOR METRO

A young Vancouver woman who killed her two infant sons was afflicted with a "disturbed mind" in the moments following childbirth, a judge concluded Tuesday as she imposed a five-year prison term for infanticide.

But the judge could offer little else to explain why Sarah Leung killed the babies, giving birth twice in the bathroom of her parents' home before wrapping each baby in plastic. She left one propped against a neighbour's house in the spring of 2009, while she threw the second, born less than a year later, in the trash.

Leung told police she was panicked by the fear of disappointing her traditional Chinese family. She apologized in court and said she felt "unbearable sadness" for what she had done.

B.C. Supreme Court Justice Mary Humphries described Leung's actions as "horrific, sad and incomprehensible," and she suggested even Leung's own words during her sentencing hearing last month could not adequately explain what happened.

"From the first to the last, from my perspective, Ms. Leung's personality, motivations and actions remain difficult to assess and understand," Humphries wrote in her decision, portions of which were read aloud in court.

Leung was also ordered to notify provincial child-welfare officials if she becomes pregnant during the next 20 years.

The woman, now 29, calmly listened as the judge outlined the sentence. Leung could be seen crying before the hearing.

Leung became pregnant in 2008, when she was 22. Her boyfriend, a visiting student from China named Anson Lin, was excited to become a father, the court heard, though Leung hid her relationship and the pregnancy from her parents.

She later told investigators she was afraid of being disowned for contradicting her family's values, in particular for having sex outside of marriage.

In late March or early April of 2009, she experienced severe pain early one morning. She went to the bathroom and delivered the baby into the toilet, the trial heard. She cleaned up and put the baby in a plastic bag, though it remains unclear whether the newborn was alive or dead.

Leung's father discovered the baby on April 2, 2009, though he did not realize it belonged to his daughter.

Police soon used DNA testing to determine the baby was Leung's. As she was investigated for the baby's death, Leung became pregnant again.

During that pregnancy, her parents knew about her relationship. But they did not know about the second pregnancy, nor did they know Leung and Lin had married in secret.

In March 2010, she again experienced pain early one morning, and for the second time delivered the baby into a toilet. She wrapped the baby in plastic and disposed of the bag in a garbage bin. The body was never found.

She was initially charged with two counts of second-degree murder, but a jury convicted her of the lesser charge of infanticide.

The Criminal Code says the infanticide defence is open to a woman who "is not fully recovered from the effects of giving birth to the child."

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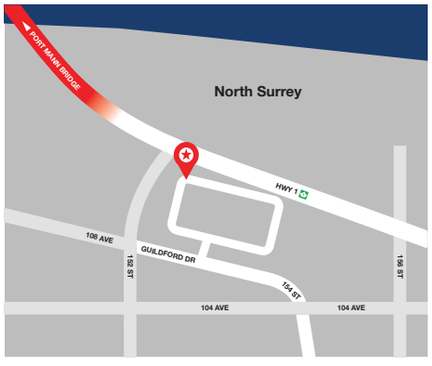

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FIVE THINGS YOU NEED TO KNOW TODAY

1
GRILLIN' BIG CHEESE PROSPECT
Our Metro chats continue today with NPA mayoral candidate Kirk LaPointe. Join us at noon at metronews.ca/vancouver to see what he has to say.

2
GET PUMPED
What's that sound? It's the bandwagon pulling up — jump on! The Vancouver Canucks begin their 2014-2015 season tonight at 7 p.m. against the Flames in Calgary.

3
EBOLA UPDATE
Officials say Thomas Eric Duncan, the man being treated for Ebola in Dallas, is showing improved liver function, though he remains in critical condition.

4
TYRA, BY TYRA BANKS
The America's Next Top Model host and former Victoria's Secret angel has unveiled her own beauty brand — and she's named it after herself.

5
NEW MUTATION?
According to the website Bleeding Cool, the X-Men could become the next superhero team to make the leap from the comic-book page to the small screen.

Fate of Oppenheimer Park tent city to be decided today

B.C. Supreme Court.
If ruling is in city's favour, camp will be dismantled by Oct. 14

MATT KIELTYKA
matt.kieltyka@metronews.ca

A B.C. Supreme Court judge will rule Wednesday on the fate of Oppenheimer Park's ongoing tent city.

Madam Justice Jennifer Duncan will deliver her ruling on the City of Vancouver's application for an injunction to dismantle the homeless camp at 1 p.m., after two days of wide-ranging hearings wrapped up in court Tuesday.

The city has been seeking to end the camp, which started July 17, amid growing concerns over public safety and deteriorating weather conditions.

Meanwhile, campers represented by lawyers Mark Pontin and DJ Larkin argue that there is inadequate housing available for the homeless and that the city's offer of temporary shelter beds is inadequate.

The actual size of the camp has been difficult to establish in court.

The city believes there are 151 residents living at the Downtown Eastside camp, with approximately 100 of them being legitimately homeless.

But an affidavit sworn in by one of the camp leaders says there have been as many as 422 people at Oppenheimer.

Pontin argued Tuesday that any order should include a lengthy transition phase, so people at the camp can be gradually moved into permanent housing options as they become available in the coming months.

He also maintained overnight shelters are not a solution as the city claims there is enough capacity for everyone at the camp.

"The shelter beds that are available are not practical alternatives to those living with disabilities, mental illness and addiction issues," Pontin said, adding that dispersing the campers into the streets without homes could cause irreparable harm.

Ben Parkin, the lawyer representing the Vancouver parks board, said the city is prepared to keep the camp open until Tuesday, Oct. 14 to allow for officials to find alternative housing for the residents at the camp.

The tent city at Oppenheimer Park in Vancouver on Sept. 25. JENNIFER GAUTHIER/METRO FILE

He said shelters are a good "first step" for connecting homeless people with outreach workers and housing providers.

"There have been extensive efforts to assist people but at some point there are limits. Residents (of Oppenheimer) have been reluctant to take advantage of available shelter spaces," he said.

"It is the city's submission that there are better options than being in the park. It is not a safe place."

In closing, Duncan warned her limited jurisdiction prevents her from addressing all of the social issues brought up during the hearing but hopes her judgment "will strike a fair and equitable resolution for the short-term."

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Vancouver Mayor Gregor Robertson missing from first mayoral event

Vancouver's first panel of mayoral candidates this election season was most notable for who was missing — Mayor Gregor Robertson himself.

The Vision Vancouver mayor was a no-show at the discussion held by the Urban Development Institute at the Hotel Vancouver Tuesday morning that was attended by the Non-Partisan Association's Kirk LaPointe, COPE's Meena Wong and Green Party Coun. Adriane Carr.

Robertson declined to attend the event because Vision believed it was funded by developer Rob Macdonald, a staunch NPA supporter who accused Robertson of philandering when his marriage broke down this spring. The NPA's LaPointe said Robertson's decision not to show was an "act of cowardice," and COPE's Wong joked that the mayor was "so transparent we can't see you anymore."

The candidates didn't debate or attack each other's policies, instead using the time to pitch their ideas.

LaPointe said the city's affordability hinged on attracting higher-income jobs and called for a citywide planning process. Wong dissed glass towers as energy-inefficient and Carr called for standardized community amenity contributions.

But voters have to wait only until Thursday to see candidates from the four major parties appear together for the first time on Thursday at 7 p.m., at the Italian Cultural Centre.

EMILY JACKSON/METRO

COPE mayoral candidate Meena Wong is proposing a vacant property tax in Vancouver. JENNIFER GAUTHIER/METRO

Meena Wong aims to woo voters with vacant property tax

Carrot-and-stick approach. Wong says there are empty, vacant lots in the city that are 'sitting there not being utilized'

EMILY JACKSON
emily.jackson@metronews.ca

Her political party almost got wiped out in the last civic election, but Vancouver mayoral candidate Meena Wong believes her proposal to tax vacant properties will pull voters back to the Coalition of Progressive Electors.

Wong discussed the tax as a way to convince people to return to COPE, which only won a single school-board seat in the 2011 election, in an online chat with Metro on Tuesday.

The chat was part of a series of conversations with municipal party leaders in advance of the Nov. 15 election.

"First (voters) have to have an issue that connects with them ... my issue of charging a duty on vacant properties somehow connected with a lot of Vancouverites," Wong said. "They feel in our city (there's) this housing crisis, yet we have empty vacant properties sitting there not being utilized."

She cited downtown's Coal Harbour neighbourhood, where an estimated 25 per cent of the condos are vacant, as an example of how an area becomes quiet and unattractive to businesses when people don't live there.

Wong would take a carrot-and-stick approach to encourage owners to rent out these vacant properties.

COPE would give tax incentives for those that choose to rent and penalize owners who leave properties empty for more than a year.

"If you can afford to leave it empty and not to generate any revenue from your property and it sits there for over a year, then you can afford to pay more to help us, the city, build more affordable social housing," Wong said.

Surrey gets a 'C'. Standard of living, safety, housing among residents' concerns

Surrey residents feel their city continues to struggle with tackling crime and providing public transportation, according to a new report card.

The first-ever Vital Signs study for Surrey was released Tuesday by SurreyCares, in partnership with the Surrey Board of Trade, which ranks the city on based on statistical data and public opinion polls.

Overall, the city received a grade of C (or "satisfactory") in the study, but a breakdown of issues shows where residents feel the city is lagging most.

Standard of living, safety, housing and getting around all received a D-plus from residents.

Those findings echo an Insights West poll conducted earlier this year that found crime (45 per cent) and transportation (21 per cent) are the biggest issues facing the city.

MATT KIELTYKA/METRO

Preparation. Vancouver Island hospitals roll out Ebola contingency plan

Hospitals on Vancouver Island launched an Ebola contingency plan Tuesday in the rare chance a patient turns up with the deadly virus in B.C.

"The risk of Ebola in our region is very low, but preparation is our best defence," said Island Health spokeswoman Sarah Plank. "We may not even get a patient who has Ebola here, but we always want to make sure that we're prepared for any range of infectious diseases."

All hospitals on Vancouver Island will have designated isolation rooms, said Plank, and staff members have been provided with a questionnaire for suspected Ebola cases as well as precautions on protective equipment they need to wear to prevent the spread of the virus. The key is the ensure patients with suspected Ebola are identified by health-care workers, said Plank.

THANDI FLETCHER/METRO

City plans to scour inscrutable unicycle graffiti off bike lanes

So long. Not even city's unicycle community knows the artist or what he or she meant

THANDI FLETCHER
thandi.fletcher@metronews.ca

A series of mysterious unicycle markings are appearing on Vancouver bike lanes, turning heads and causing a stir on social media.

The freshly spray-painted symbols recently popped up along sections of the Adanac Bikeway, a popular cycling route that extends from downtown Vancouver to Boundary Road, including the separated bike lane of the Dunsmuir Viaduct.

Tynan Rollo of the Vancouver Unicycle Club said the unicycle community is buzzing with theories about who could be behind the stenciled symbols.

"We've been asking around the unicycle and circus community to see if anyone knows who is responsible but have yet to turn anything up," Rollo said.

At first, Rollo said he believed the markings might be a guerrilla marketing campaign for the upcoming CircusFest, which takes place in November, but organizers told him they are equally curious about who is responsible.

Daniel Henderson, an employee at Cambie Cycles, which sells unicycles, questioned how effective the artist's plan has been, as no one seems to know what the markings could mean.

Whatever the intention, the markings won't be around for much longer.

City of Vancouver spokeswoman Sara Couper said crews will be working to remove the "unapproved road markings."

The person responsible could also be charged under the graffiti bylaw, she said.

Unicycle markings are popping up on Vancouver bike lanes, but no one seems to know who could be behind the stenciled symbols. THANDI FLETCHER/METRO

Overlapping land claims 'barrier' to First Nations deals

Despite the glacial pace of negotiations, the B.C. treaty process remains a viable option for First Nations to pursue self-determination, says the provincial treaty commission.

But commissioner Sophie Pierre said Tuesday that overlapping land claims are an ongoing and thorny issue for negotiations.

"We have consistently identified overlapping claims as one of the biggest challenges that a First Nation, reaching final agreement, must overcome," Pierre said in the commission's annual report.

It's a barrier to more than treaties, she added in an interview.

"It's also (a barrier) for all the major development that's being talked about," Pierre said.

Well over 100 per cent of B.C. Crown land is claimed as the traditional territory of one or more of the province's 198 First Nations.

Treaties are even more necessary in light of a recent high-court ruling recognizing land title for the Tsilhqot'in Nation, she said.

"In fact, what Tsilhqot'in has said is that the best way of moving forward is through negotiated settlements, and that's what we need to do," Pierre said.

Judith Sayers, former chief of the Hupacasath First Nation and its chief negotiator for 16 years, said treaties were never supposed to proceed to even an agreement-in-principle stage until boundary issues were resolved.

But "these governments want settlements so bad that they don't care about overlap," said Sayers.

"It is first-come, first serve."

There have been several court cases over disputed boundaries set by treaty, such as a lawsuit by the 6,000-member Sto:lo Nation over the treaty signed with the 200-member Yale First Nation, which includes fishing rights in the Fraser River.

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Progress

Since it was established in 1992, nine First Nations have fully ratified final agreements.

- Thirty-eight others are in various stages of negotiations, while 18 are no longer negotiating.

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Emily Carr's art to star in London, U.K. exhibit

Dulwich Picture Gallery. The early 20th century Haida Gwaii Carr painting called Tanoo, Q.C.I., will be exhibit's centrepiece

Emily Carr's brooding, post-impressionistic paintings of West Coast aboriginal villages and British Columbia's dark rain forests will soon appear in the same English art gallery that holds collections by masters like Rembrandt, Gainsborough and Rubens.

London's Dulwich Picture Gallery, founded in 1811, is staging a six-month Carr exhibit, titled From the Forest to the Sea: Emily Carr in British Columbia.

Royal B.C. Museum officials provided a sneak peak Tuesday of many of the pieces that will be part of the exhibit. The museum has the world's largest collection of more than 1,100 of Carr's works, including sketches, rugs and pottery, which are stored in a bunker in the museum.

Twenty-five of Carr's works will be on loan to the Dulwich gallery, said the museum's chief executive officer Jack Lohman.

He said he expects the London exhibit to generate huge international interest in Carr and the B.C. museum.

The B.C. museum's Carr expert, Kathryn Bridge, said the early 20th century Haida Gwaii village scene Carr called Tanoo, Queen Charlotte Islands, will be the exhibit's centrepiece. Bridge said the painting is the largest in the museum's collection and a magnificent example of her interpretation of West Coast aboriginal culture.

THE CANADIAN PRESS

Emily Carr's painting, Tanoo, Queen Charlotte Islands, is seen in the Royal B.C. Museum' vault in Victoria on Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

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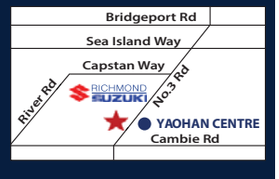

'B.C. on the Move.' B.C.'s 10-year transportation plan starts with public input, minister says

Transportation Minister Todd Stone wants British Columbians to help build the transportation agenda for the next decade.

The minister says the government's plan, called "B.C. on the Move," starts with an invitation to contribute to an online feedback forum open from Oct. 14 to Dec. 12.

Stone says the government's current budget for transportation over the next three years is $3 billion, while the previous transportation plan that started in 2003 spent more than $16 billion on infrastructure projects over 10 years.

He says transportation priorities will focus on growing the economy while moving goods and people safely, but keeping a tight rein on scarce government dollars.

Stone says the government will release the plan in the new year and it will set short-, medium- and long-term priorities for the government.

THE CANADIAN PRESS

Seeking input

Stone didn't emphasize any government priorities, saying he's open at this time to hearing from residents on transportation projects as diverse as improving rural roads, building bridges between islands and expanding airport access in the north.

Dr. Julio Montaner

Renowned HIV/AIDS researcher to be inducted to Canadian Medical Hall of Fame

A world-renowned HIV/AIDS researcher has been selected for induction into the Canadian Medical Hall of Fame.

Dr. Julio Montaner, director of the BC Centre for Excellence in HIV/AIDS, is one of six Canadian physicians chosen for the award honouring contributions that have led to extraordinary improvements in human health.

A written news release says Montaner's work includes pioneering the HIV cocktail, which was adopted by the World Health Organization and the UNAIDS program in 2000.

THE CANADIAN PRESS

Report

Register voters as young as 16: Elections officer

Registering voters as young as 16 for a B.C. election is one of three major recommendations the province's chief electoral officer has made to law makers.

Keith Archer says in his report to legislators released Tuesday that the voting age would remain at 18 but dropping the registration age would allow electoral officials to work with schools and driver-licensing programs.

He says the lowest voter-registration rates are for people between the ages of 18 and 24.

The document comes ahead of another proposal for a new voting process that Archer plans to submit to legislators next spring.

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Freedom of information

Twitter suing FBI, DOJ to release info on surveillance

Twitter is suing the FBI and the Department of Justice in a bid to release more information about surveillance of its users.

Twitter Inc. filed a lawsuit Tuesday in a California federal court to publish its full "transparency report," which documents government requests for user information. The published report does not include the exact number of national security requests because Twitter, along with other Internet companies, has been prohibited from disclosing that information, even if no requests were received.

THE ASSOCIATED PRESS

NASA

Spacewalks resume after year-long hiatus

Two spacewalking astronauts moved a broken pump into permanent storage Tuesday, NASA's first routine maintenance outside the International Space Station in more than a year. American Reid Wiseman and German Alexander Gerst, both first-time spacewalkers, cheerfully completed the long overdue job 420 kilometres up.

"I can't wait to see these pictures," Gerst said.

THE ASSOCIATED PRESS

Turkey's president says Syrian border town 'about to fall' to ISIS

Turkish Kurds standing on the Turkey-Syria border watch smoke rise following an airstrike in Kobani, Syria, where the fighting between ISIS and Kurdish forces intensified Tuesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Middle East. Kurdish fighters battling to halt Islamic group's advance bolstered by U.S.-led airstrikes, but it won't be enough, Erdogan warns

Islamic State of Iraq and al-Sham (ISIS) fighters were poised to capture a strategic Syrian town on the Turkish border, Turkey's president warned Tuesday, even as Kurdish forces battled to expel the extremists from their footholds.

The outgunned Kurdish fighters struggling to defend Kobani got a small boost from a series of U.S.-led airstrikes against the militants that sent huge columns of black smoke into the sky. Limited coalition strikes have done little to blunt ISIS' three-week offensive, and its fighters have relentlessly shelled the town in preparation for a final assault.

Warning that the aerial campaign alone was not enough to halt ISIS' advance, Turkish President Recep Tayyip Erdogan called for greater co-operation with the Syrian opposition, which is fighting both the extremists and forces loyal to Syrian President Bashar Assad.

"Kobani is about to fall," Erdogan told Syrian refugees in the Turkish town of Gaziantep, near the border.

"We asked for three things: One, for a no-fly zone to be created; two, for a secure zone parallel to the region to be declared; and for the moderate opposition in Syria and Iraq to be trained and equipped."

THE ASSOCIATED PRESS

House of Commons gives green light to join ISIS fight

One by one, Conservative MPs in the House of Commons led by Prime Minister Stephen Harper voted late Tuesday to join the war in Iraq, passing a controversial motion that clears the way for Canadian CF-18s to embark on airstrikes in the Middle East.

After two days of debate, the motion to launch a combat mission against the militants of the Islamic State of Iraq and al-Sham (ISIS) passed 157-134.

Some 155 Conservatives voted in favour of the motion, with the help of Independent MP Brent Rathgeber and Green MP Bruce Hyer, while the NDP and the Liberals were opposed. Liberal MP Irwin Cotler abstained from the vote.

"We do not take this step lightly," Harper said in a statement following the vote.

"It is imperative that we act with our allies to halt (ISIS') spread in the region and reduce its capacity to launch terrorist attacks outside the region, including against Canada.

"Our government has a duty to protect Canadians and to shoulder our burden in efforts to combat threats such as (ISIS). We must do our part."

Combat missions do not ordinarily require Commons approval, but Harper himself promised any combat mission, including airstrikes, would be subject to a debate and a vote.

In a statement of his own after the vote, NDP Leader Tom Mulcair accused the Conservatives of "plunging Canada into a prolonged war without a credible plan," and said the motion — which expressly permits airstrikes in Syria, too, with Syrian approval — exposes Canada to a bloody civil war in that country.

"Time and again, Conservatives have refused to answer clear questions and been evasive on critical details of this mission," Mulcair said.

THE CANADIAN PRESS

Prime Minister Stephen Harper speaks in the House of Commons on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

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RCMP death highlights PTSD issues

The death of RCMP Cpl. Ron Francis, who helped draw attention to post-traumatic stress disorder among emergency first responders, is a terrible loss that underscores the need to deal with the issue, the RCMP's commanding officer in New Brunswick said Tuesday.

"It's unfortunate that this condition, if you will, took over and consumed him, but he didn't let go," assistant commissioner Roger Brown told a news conference at RCMP headquarters in Fredericton. "His goal was to try to make some sense of it himself and to bring an awareness to what this is all about."

Francis was found dead Monday afternoon at the Kingsclear First Nation. It appears no one else was involved in his death but Brown wouldn't provide any details about the circumstances of how Francis died.

Brown said the police force was doing all it could to get Francis the support he needed, meeting with him as recently as Sunday.

"I know there will be much speculation about why this happened and assumptions may be made," Brown said. "Unfortunately this is not the outcome that I would've hoped for, that I would've anticipated."

Francis, who served with the Mounties for 22 years, made national headlines last year after he complained that he wasn't allowed to smoke medicinal marijuana for PTSD while in uniform.

He pleaded guilty last month to assaulting four fellow RCMP officers and was to be sentenced next month. THE CANADIAN PRESS

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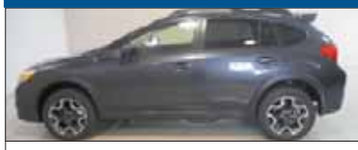

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Police rescue 18 women forced to work in sex trade

Canada-wide human trafficking bust. Nine people face 33 charges

A months-long investigation into human trafficking has led to the rescue of 18 women who were forced to work in the sex trade against their will, police said Tuesday.

Nine people are facing 33 charges, including forcible confinement, making and distributing child pornography, assault, trafficking in persons, withholding or destroying documents, living off the avails, uttering threats, obstructing police and failing to comply with court orders and conditions of bail and probation.

Ontario Provincial Police Sgt. Peter Leone said vulnerable groups, like newcomers to Canada, are often the targets of exploitation.

"These (18 victims) are individuals who were preyed upon, that were very vulnerable and certainly exploited," he said. "A lot of promises can be made to people if they come along, and they don't realize until they go with them, what they've gotten themselves unfortunately into."

Twenty-six police forces were involved in the operation on Oct. 1 and 2, including those in Edmonton, Calgary, Regina, Saskatoon, Winnipeg, Halifax, Quebec City, Toronto and other parts of Ontario.

They interviewed hundreds of women some as young as 15 since January, focusing on hotels, motels and massage parlours along major thoroughfares in 30 cities and towns across the country, police said.

Many of the women had been threatened with violence, extortion and drug dependency, among other forms of coercion by men. THE ASSOCIATED PRESS

Stephen Collins

7th Heaven actor faces molestation allegations

New York police say they have an open investigation into allegations that veteran TV actor Stephen Collins molested a teenage girl in the early 1970s.

Police spokesman Stephen David says the complaint was filed in 2012 accusing Collins of forcing a then-14-year-old girl to commit a lewd act in 1972. David says the case remains open, but no charges have been filed.

Celebrity website TMZ reported Tuesday that Collins discussed the incident in a therapy session with his estranged wife, Faye Grant. THE ASSOCIATED PRESS

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Bee deaths are the 'canary in the coal mine'

Watchdog. The use of neonicotinoid pesticides is impacting, not just colonized bees, but soil and frogs and aquatic life

The widespread use of neonicotinoid pesticides by Ontario farmers, which has been linked to the deaths of bees, could have a "massive impact" on our ecological system, the province's environment watchdog warned Tuesday.

"All the science is not done, but everything that I have before me ... suggests to me that this is the biggest threat to the structure and ecological integrity of the ecosystem that I have ever encountered in my life, bigger than DDT," said Environmental Commissioner Gord Miller as he released his annual report.

Dichloro-diphenyl-trichloroethane was banned in Canada in 1972 because of environmental and safety concerns, and even Environment Minister Glen Murray admitted the neonicotinoid class of pesticides is more toxic than DDT.

"It is persistent in the environment and stays there for years. About 94 per cent of it doesn't go into the plants, it goes into the soil," said Murray.

"It is impacting not just colonizing bees, but wild bees, birds, soil health as well as frogs and other invertebrate aquatic life."

Miller called bees the "canary in the coal mine" on neonicotinoids, and said the impact of the pesticides is "clearly more wide scale" in the ecosystem.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.52¢ (-0.32¢)

TSX 14,576.45 (-166.67)

OIL $88.85 US (-$1.49)

Natural gas: $3.94 US (+$0.03)
Dow Jones: 16,719.39 (-272.52)

GOLD $1,212.40 US (+$5.10)

Stormy days for workers in Romania

A Romanian worker holds a megaphone during a protest by trade unionists from all over Romania, Tuesday in the capital of Bucharest. Thousands joined a protest demanding changes to the employment legislation which, according to the trade unions, gives excessive powers to employers and offers very limited means for negotiating working conditions to the employees. VADIM GHIRDA/THE ASSOCIATED PRESS

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MATH: THE NOBELIST OF PURSUITS

JUST SAYIN'

Paul Sullivan
metronews.ca

It's Nobel prize season again, the time of year that reminds us of the good things that can happen if we stick with math.

This year's physics prize winners include the three guys from Japan who invented LED lights, which have had an instant and illuminating impact on our world.

Each scientist gets a cool eight million kronor (about $1.1 million), while a grateful planet gets a vastly more efficient lighting technology that just screws into the old one.

LED (an acronym for light-emitting diode) lights last 10 times longer than fluorescent lights and 100 times longer than bad old Thomas Edisons. This is significant because one-quarter of the world's electricity goes to lighting.

LED lights have already taken over about 10 per cent of the lighting load, and the Lighting Research Center (you knew there would be one of those) estimates that will increase to 30 per cent when the price comes down.

That's good for a few billion tonnes of greenhouse gas.

Last year's physics prize was pretty cool, too — it recognized the discovery of the elusive Higgs boson, one of the elemental particles of the universe, tracing its lineage back to the Big Bang. But you need Carl Sagan to explain what the little guy actually does, and, unfortunately, Carl's no longer with us.

The LED light, on the other hand, is conveniently available at your local Canadian Tire store. Not only does it last 10 to 100 times longer than an old-fashioned bulb, it costs 10 to 100 times more. But you just screw it in the socket and forget about it. It's a race to see what lasts longer, you or your light bulb.

This is obviously a problem, and someone in the lighting industry is going to have to figure out how you make money from something that lasts forever. Right now, the generally accepted North American business plan is for cheap stuff that falls apart in three years.

Still, the LED reminds us of the power of science and technology to change the world, just like that. Just when you think the grid is overextended and ready to blow the mother of all fuses, a scientist finds a way to increase capacity by 10 to 100 times.

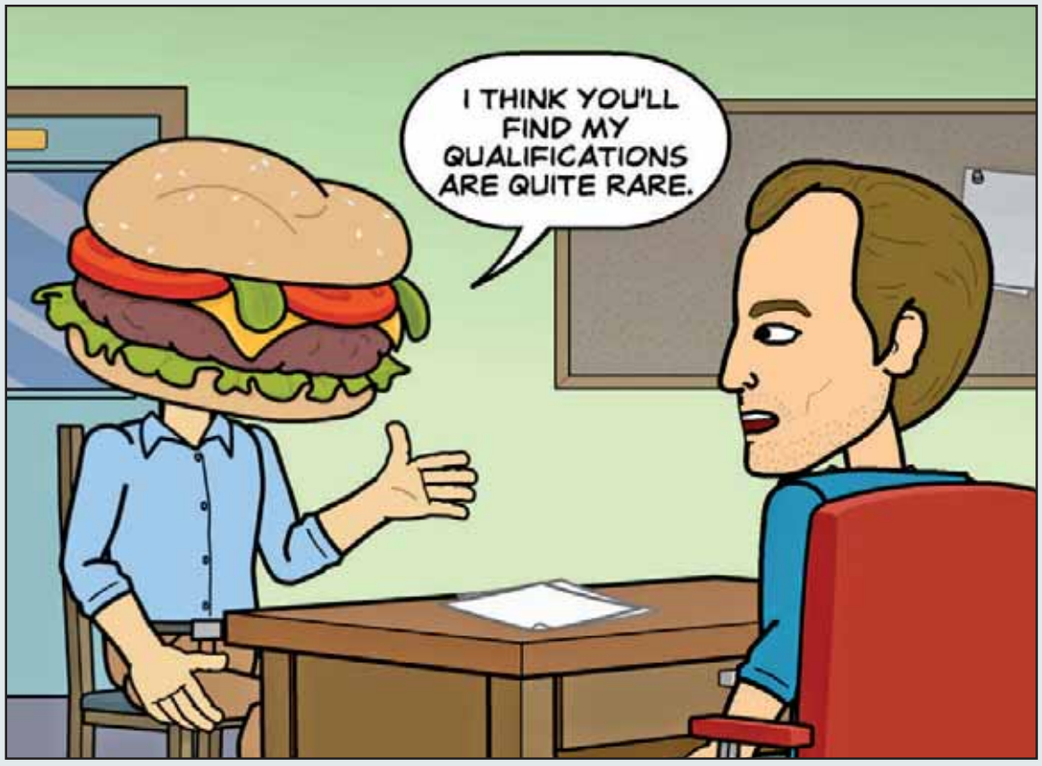
The idea that science will save us is not popular these days among the children of Hollywood, who have been raised on the notion that science will kill us if we're not careful. Funny, but the technology-driven apocalypse is a lot more believable with the discovery of digital special effects. Some math nerd could win both a Nobel and an Oscar, but end up turning us against technological progress. Oh, the irony.

So the LED prize comes at a crossroads in human evolution. As curiosity and freedom of thought are all under assault by people who flunked math, it's a timely reminder that on its good days, science rules.

Now, if only we can figure out what to do with a Higgs boson.

Metro Bitstrips caption contest

Today's winner: Kyle Sherman



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MetroTube

'Holy mother of muumuu!'

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

David Schulze and his wife were driving through Mer Rouge, Louisiana, this weekend, when they came across a tractor trailer — carting a crane for good measure — stalled on the train tracks while the warning bells wailed. What happened next is fairly predictable. According to KNOE TV, the truck's driver escaped in time. However, two railroad employees were injured in the crash and are recovering in hospital. (David Schulze/YouTube)

Twitter

A town in Alberta has decided to uphold its 109-year-old ban on alcohol. What would you banish from your city for a century?

@piemagjess: Racism... is that asking for too much?

Join the conversation @metropicks

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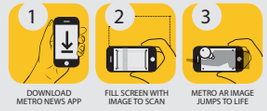

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Dropping the gavel on movies

You judge 'em. Legal films deliver some memorable movie lines

IN FOCUS
Richard Crouse
scene@metronews.ca

"My father's a lot of unpleasant things. A murderer's not one of them."

That's how Robert Downey Jr. describes his father, the titular character in this weekend's legal thriller The Judge. Robert Duvall plays the irascible old judge, who, when accused of vehicular manslaughter, must reluctantly rely on his estranged lawyer son for a defence in court.

While he's on the bench, he's a no-nonsense justice who doles out common sense along with his judgments. In one case, he makes a deadbeat dad hand over his brand-new truck to his ex-wife, joining a long list of movie magistrates who have meted out law and order on the big screen.

Everyone remembers Fred Gwynne as My Cousin Vinny's Judge Chamberlain Haller — his classic question, "What is a yoot?" may be one of the most famous movie lines delivered from the bench — but how about Judge Doom, the much feared judge of Toontown?

As played by Christopher Lloyd in Who Framed Roger Rabbit, he presides over a town of cartoon characters, punishing lawbreakers with the dreaded Dip, a bubbling vat of turpentine, acetone and benzene that "erases" them. His mission is to pin the murder of Marvin Acme on Roger Rabbit. "I'll catch the rabbit, I'll try him, convict him and execute him!"

Everyone has heard the term "judge, jury and executioner," but Judge Dredd adds one more title, police officer. Set in 2080, this Sylvester Stallone movie sees the justice system boiled down to Street Judges who enforce the laws and dole out instant justice. When Dredd is convicted for a crime he didn't commit, he must prove his innocence. "The evidence has been falsified! It's impossible! I never broke the law, I AM THE LAW!"

Finally, a more conventional judge is seen in Anatomy of a Murder, the 1959 Otto Preminger film about an army lieutenant accused of murdering a bartender who attacked his wife.

The all-star cast — defence attorney James Stewart, George C. Scott as the prosecutor, Ben Gazzara and Lee Remick as the defendant and his wife — was presided over by real-life lawyer Joseph N. Welch as Judge Weaver.

Welch made several pictures, but is best remembered as the attorney who represented the Army in the McCarthy hearings and scolded the Communist-hunting senator with the famous words, "Have you no sense of decency, sir?" when he verbally attacked a member of Welch's law firm.

metro AR Scan this image with your Metro News app to watch the trailer for this thriller starring Robert Downey Jr. and Robert Duvall. CONTRIBUTED

Pass sentence

Downey holds court with status quote

Interviewers love talking with Robert Downey Jr., not just because he's one of the biggest movie stars in the world, but also because he's a one-man quote machine. Walking into a room full of Canadian reporters to chat up his latest film, The Judge, he's wearing a festooned shirt — and that is the only word that can be used to describe his flamboyant sartorial choice — with a pattern that resembled a bisected tree trunk. More intriguingly he carried a small green, nondescript box.

Robert Downey Jr. CONTRIBUTED

Asked what was inside he said, "I have distilled socialism in this box. It wasn't easy. I'm bringing it back to America."

And the quotes kept coming.

The Judge is a family drama about Hank, a hotshot, big-city lawyer who returns to his hometown for his mother's funeral. He's been estranged from his father, Judge Joseph Palmer (Robert Duvall), for years — "He's dead to me" — but is forced to re-examine everything he knows about his dad when the judge is accused of murder.

Downey says, "I found myself crying all the time," (great quote No. 2 for those keeping track) during filming, but not because he was reflecting back on his own life. "I got caught up in the reality the movie expresses," he says. "Hank's mom's funeral is every funeral and Hank's cut-off with his dad is every cut-off that anyone has ever had. It's not even particularly a father-son story because the judge could have been the mom. I just think about these family dynamics and they light up constellations that are very emotional" (great quote No. 3!).

He describes shooting the movie as a "weird game of Sudoku" (great quote No. 4) in terms of making sure the emotional moments didn't stack up against one another, blunting their impact.

"You can't just play 120 catharses in a row," he says. "I hate it when I see that in movies. It's like, 'All right, is everyone always crying in real life?'"

The first step in finding the character meant not allowing his Hollywood persona to bleed into Hank. "That was the first thing I had to smash," he says.

"Hank is really observing this situation that's happening around him and to him and he becomes this person who has to go through this terrible and wonderful crucible. It was really just about doing less and less and less and less and I like being busy. I like to talk and I like to be active and all that stuff, so sometimes I felt like I was literally just sitting on my hands."

He leaves us with one last great quote that sums up his emotional response to the film. "It kicks me in the stomach in the nicest way."

RICHARD CROUSE

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Horror series lets its freak flag fly

American Horror Story. New season returns with a creepy carnival freak show

Left, Kathy Bates gives a hair-raising performance in American Horror Story: Freak Show. Right, Evan Peters and Jessica Lange also star in the series. FX

Step right up, ladies and gents: American Horror Story is back for Season 4, complete with a bearded lady, a woman with two heads and another with three breasts.

This installment of the series is called Freak Show (debuting Wednesday, Oct. 8 at 10 p.m. EDT on FX Canada) and is set in Jupiter, Fla., in 1952. It revolves around one of the last touring companies of physically different humans.

The problem is that business is bad, forcing owner Elsa Mars (portrayed by Jessica Lange) to go to great lengths to assure that the show goes on.

The show's co-creator Ryan Murphy said Lange came up with the concept.

"I think back in Season 1, she said, 'We've got to do carnival, freak shows,' and she kept sending me books," he said.

With his creative partner Brad Falchuk, Murphy eventually embraced the idea. He wanted the show to imbue a spooky, early 1950s sci-fi feel, and he wanted to give Sarah Paulson an impossible role.

She plays the characters Bette and Dot Tattler, conjoined twins who may be the star attraction that Elsa's show desperately needs. Paulson called the roles "the most difficult thing I've ever done in my life."

She said the characters' heads can't turn to look into each other's eyes. "And that's a hard thing to do, to act with yourself," Paulson explained. "I like to act looking at others' faces, like Kathy Bates."

The premiere attracted almost all members of the large AHS ensemble, including cast members who are physically different in real life.

They include the two-foot-tall Jyoti Amge, the world's smallest living woman, and Erika Ervin, who, at six feet eight inches, is dubbed "the world's tallest professional model" by Guinness World Records.

And yet there's more to Freak Show than physical appearance. "I have always felt like a freak, from two years of age on," explained the openly gay Murphy.

"It really is a story of prejudice. And it is a story about people who are not the norm ... who just want to be appreciated and seen for who they are inside and outside."

THE ASSOCIATED PRESS

Quoted

"I have always felt like a freak, from two years of age on. It really is a story of prejudice. And it is a story about people who are not the norm ... who just want to be appreciated and seen for who they are inside and outside."

Ryan Murphy, co-creator, on Season 4 of American Horror Story

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Counting Hollywood's best Draculas

Dracula Untold. In honour of the release of the latest riff on Bram Stoker's famous bloodsucker, Metro looks at some legendary interpretations of the Transylvanian terror

CHRIS ALEXANDER
scene@metronews.ca

As Dracula Untold, Hollywood's latest mining of author Bram Stoker's oft-plundered novel Dracula, prepares to sink its gore-hungry teeth into the box office, Metro staked out five classic incarnations of the undead Count, the likes of which stand as the benchmark in which all other Dracula's must be measured. And while the quality of actor Luke Evan's riff on Romanian Prince Vlad Tepes and his eventual re-christening as Count Dracula is yet to be determined, it is unlikely he'll mark the screen as deeply as these actors have…

Max Shreck, Nosferatu (1922)
Creeping out of the high-contrast shadows captured by German auteur F.W. Murnau's expressionist lens, Shreck's Count Orlock (an unauthorized incarnation of Dracula), with his bald head, tufts of white hair framing his pointed ears and rat fangs, is still as frightening and shocking a physical presence today as he was almost a century ago. Murnau's masterpiece was ordered destroyed after Stoker's widow sued but several prints were stashed and unearthed decades later.

Luke Evans stars in Dracula Untold, which opens next Friday. CONTRIBUTED

Bela Lugosi, Dracula (1931)
Hungarian actor Bela Lugosi was the screen's first official Dracula, in Tod Browning's adaptation of the Dracula stage play by Hamilton Deane. Lugosi's round face, hammy, phonetic-English line deliveries and woeful lack of fangs have ensured that his Count hasn't aged particularly well, but his is perhaps the screen's most famous Drac and his visage the one that has long defined pop culture's ideal of Dracula.

Christopher Lee, Horror of Dracula (1958)
U.K.'s Hammer Studios rebirthed Stoker's bloodsucking nobleman via actor Christopher Lee in this classic, full-colour and full-blooded horror classic. Lee's Count is a tall, handsome and athletic presence, erotic and, in choice hissing, fang-bearing moments, terrifying. Horror of Dracula's international success compelled Hammer to produce a series of Dracula pictures, most of which starred Lee as an increasingly marginalized presence. But none of the sequels came close to capturing the energy and power of this, director Terrence Fisher's most famous work.

Klaus Kinski, Nosferatu The Vampyre (1979)
German arthouse auteur Werner Herzog opted to remake Murnau's iconic original film starring his on-screen muse, madman actor Klaus Kinski (Aguirre, The Wrath of God) and the resulting picture and central performance is breathtaking.

Kinski's Dracula is just as terrifying as Shreck's but there's a haunted quality to him, a melancholy and tragic aura that makes us empathize with his wretched loneliness, even while he drains the world and spreads black plague via an army of rats. Kinski may have been clinically insane, but Herzog knew how to channel that intensity and sculpt something magnificent. One of the best Dracula films ever made.

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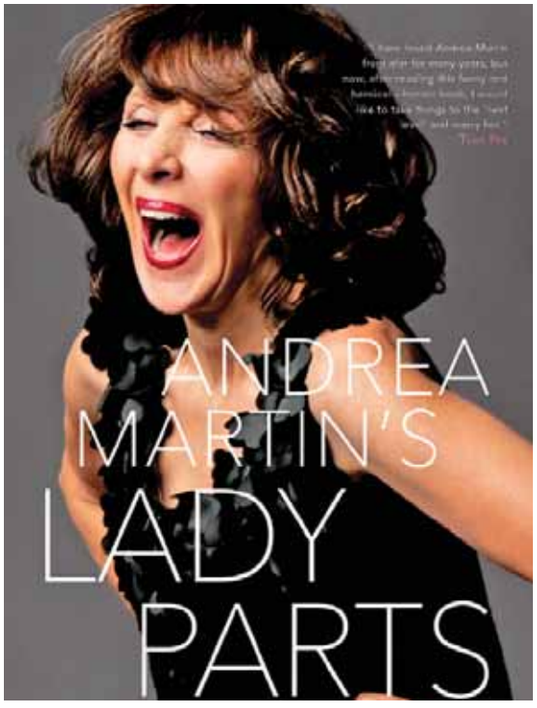
Comedian goes for guts and glory



Lady Parts. Andrea Martin discusses battle with bulimia, flying on a trapeze in new book

Here's a tip for the next time you bump into Andrea Martin: Don't forget to spit out your gum.

It turns out she suffers from misophonia — the dislike of small, irritating common noises, such as magazine pages turning or water dripping. Or gum chewing. But she's way too polite to be nasty about it.

The Tony- and Emmy-winning comedian reveals that and plenty more in her book Andrea Martin's Lady Parts, a series of essays that discuss her childhood, her career and a slightly mad devotion to her hairdresser.

Among the other revelations: She battled bulimia. She's scared of heights. She had a 28-year-old lover when she was 57. She keeps tubes of makeup forever. And there's one truly shocking confession: She's not Canadian.

Martin was born in Portland, Maine, and fell in love with Canada during a visit in 1970.

In her book, Martin, 67, talks about being on SCTV alongside the likes of Eugene Levy, John Candy and Catherine O'Hara, and what it was like to be in Pippin on Broadway.

You come clean about not being Canadian in this book?
I do! I actually feel like I have the personality of a Canadian, which is self-effacing and apologetic. I guess maybe that's why I fit in there. I never meant to lie. People with television sets propelled me into the lie. I kept it going.

Shocking confession

"I actually feel like I have the personality of a Canadian."

Andrea Martin
comes clean about not being Canadian

It's less a memoir than a collection of stories, right?
They said explicitly, 'We don't want a memoir.' That was a relief because I couldn't remember even my middle name so I can't possibly write a memoir. But I can write about squirrels in my attic because that happened five minutes ago.

Was there anything that was hard to write?
Yes, the piece on bulimia. I started writing it and it poured out of me. I wouldn't be able to talk about myself without addressing that because it was such a big part of my life. Really, it was for my sons. I thought, 'How could I possibly be hypocritical in my desire for them to be authentic when I can't be?'

In Pippin, you attacked a trapeze like a trained acrobat. Did you astonish yourself by what you could do?
I think it's great to surprise yourself all the time, but that's not what fuelled me. Really what fuelled me was the pure joy of being in a circus ensemble, something I'd dreamed of all my life. I've always been fascinated by the darker side of the circus — the sideshows, the world that Federico Fellini creates. I studied mime in Paris, for God's sake! I was just so joyful that I got to live out a fantasy.

One chapter you seem to have had the hardest time writing was about SCTV. Why?
My biggest barrier was my sense of responsibility to my cast mates. I wanted to represent them in a truthful way. And part of me wanted to keep it private. It was such a unique time. We were on our own, underground, creating 17 hours a day in these studios in Edmonton. We relied on one another and it almost felt like an intrusion to now welcome other groups of people in. I wanted to keep it special.

THE ASSOCIATED PRESS

Caribou. Our Love follows thread that started in Swim

Caribou's Dan Snaith is a math guy, methodical and curious, but even he seems a bit mystified by his oblique career path.

Over 13 years, the Dundas, Ont.-raised Snaith has released whole albums devoted to cerebral house, sunny shoegaze, pastoral electronica, and bubbly psychedelia, music that burrowed into the 60s, 70s, 80s and 90s with record-nerd zeal and excess technical finesse.

But in 2010, with Swim's ornately decorated dance music, he found something miraculous: a sound that held his interest.

So instead of unravelling things again four years later, Snaith has followed that thread and created the plushly absorbing new album Our Love.

"Swim was the first time I thought, well, I've carved out my own little patch of musical territory here. It sounds like me. It's more personal to me, the lyrics were kind of personal for the first time, the sound seemed my own. It was obviously influenced by things but not totally referencing some particular thing," Snaith said recently in a telephone interview from London.

"And because of that, it felt like it was a bunch of doors or options or paths that I could take opening, rather than the end ... I kind of see (these records) as siblings. They're not the same thing, but they're related to one another."

For Snaith's talk of fractured through-lines, Our Love feels eerily like a tapestry of the disparate designs he assembled over the years. Although standout singles abound — celestial Silver, pledge of allegiance

Quoted

"I kind of see (these records) as siblings. They're not the same thing, but they're related to one another."

Dan Snaith a.k.a. Caribou

Can't Do Without You and the gorgeous, tortured Back Home among them — the album as a whole smears into a dreamy reverie, so consistent is the wistful mood. THE CANADIAN PRESS

Caribou's Dan Snaith has released a new album called Our Love. CONTRIBUTED

Queen Elizabeth

ALL PHOTOS: GETTY IMAGES

Palace staff left to Tinder mercies of the Queen

This had to be an awkward security briefing. Queen Elizabeth is reportedly "deeply concerned" about safety at Buckingham Palace since so many of her staff are having overnight guests that they met through dating apps like Tinder and Grindr, according to the Daily Mail. "There are real and serious security concerns at Buckingham Palace about members of staff use of dating apps such as Tinder, which can be rather sleazy," a source says. "The palace police are particularly unhappy about the number of guests of servants staying overnight, especially when they may have only just met." I wish someone had been using a hidden camera when a staffer had to explain to the Queen about Grindr and Tinder.

Oh, mon Depardieu! TMI, dude

Now, onto less serious topics, like Gerard Depardieu's past as a male prostitute. The highly quotable French actor — or is he technically a Russian actor, now? — has a new autobiography, That's the Way it Was, and it has some rather interesting revelations.

For instance, as a teen and young adult in France, he worked as an escort. "I've known since I was very young that I please homosexuals," he writes.

Oh, and not only did he please them, he would also sometimes mug them, which is just poor customer service.

"At 20, the thug in me was alive and kicking." That thug in him also led him into the lucrative worlds of auto theft — for which he served time — and grave robbing. Delightful.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shame is yours, not mine: JLaw

NED EHRBAR
Metro in Hollywood

Jennifer Lawrence is finally speaking out about the nude photo-hacking attack to which she and several other female celebrities fell victim.

And as usual, Lawrence has some pretty awesome things to say: "I was just so afraid. I didn't know how this would affect my career," Lawrence tells Vanity Fair. "Just because I'm a public figure, just because I'm an actress, does not mean that I asked for this. It does not mean that it comes with the territory. It's my body, and it should be my choice, and the fact that it is not my choice is absolutely disgusting. I can't believe that we even live in that kind of world."

There's a reason it took her this long to speak out, as the violation of privacy was pretty tough to get over. "Every single thing that I tried to write made me cry or get angry," Lawrence says. "I started to write an apology, but I don't have anything to say I'm sorry for. I was in a loving, healthy, great relationship for four years. It was long distance, and either your boyfriend is going to look at porn or he's going to look at you."

Which leads to one of the key points Lawrence so eloquently makes: Those photos aren't for you.

"It is not a scandal. It is a sex crime. It is a sexual violation," she says. "Anybody who looked at those pictures, you're perpetuating a sexual offense. You should cower with shame. Even people who I know and love say, 'Oh, yeah, I looked at the pictures.' I don't want to get mad, but at the same time I'm thinking, I didn't tell you that you could look at my naked body."

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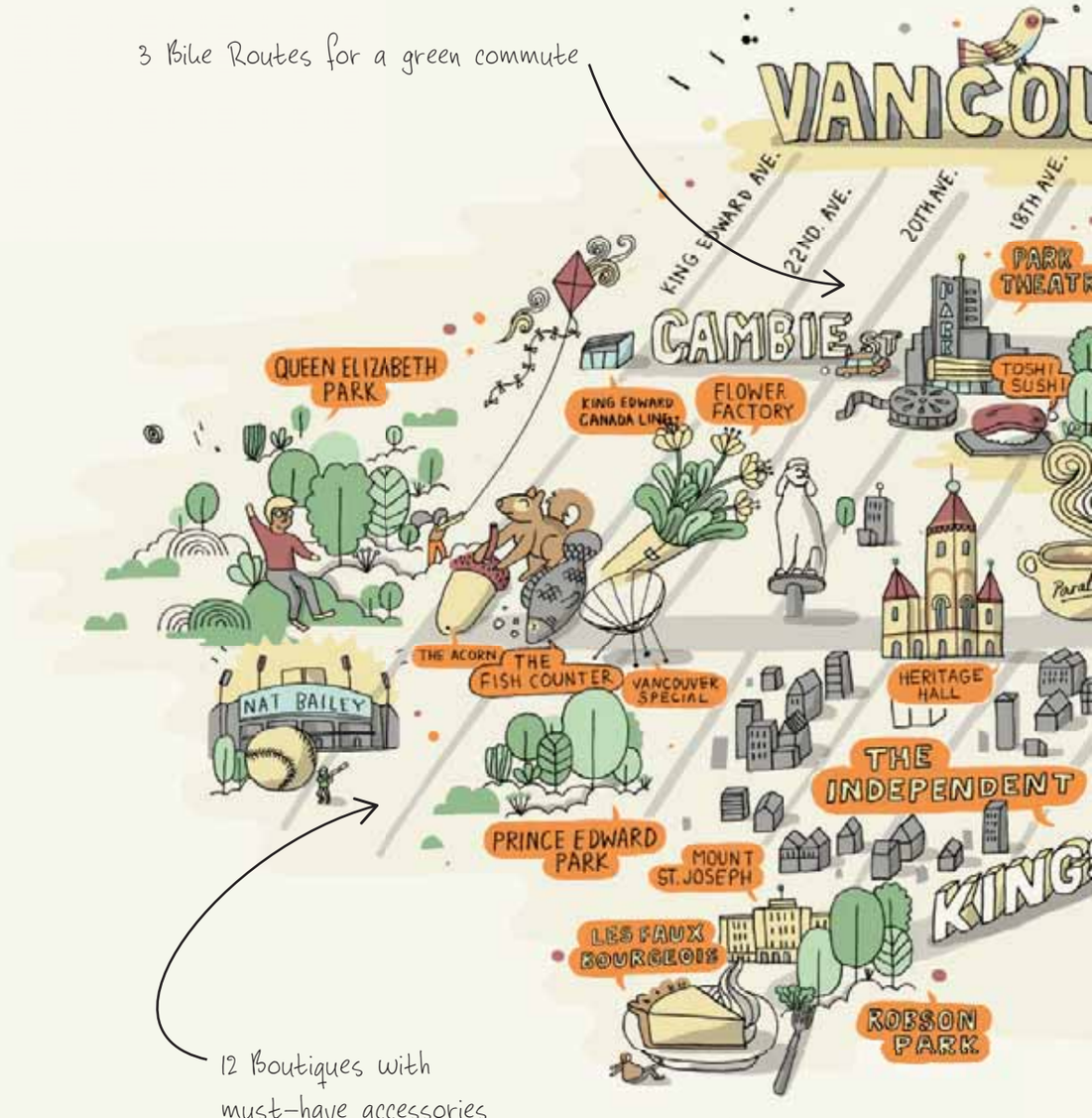

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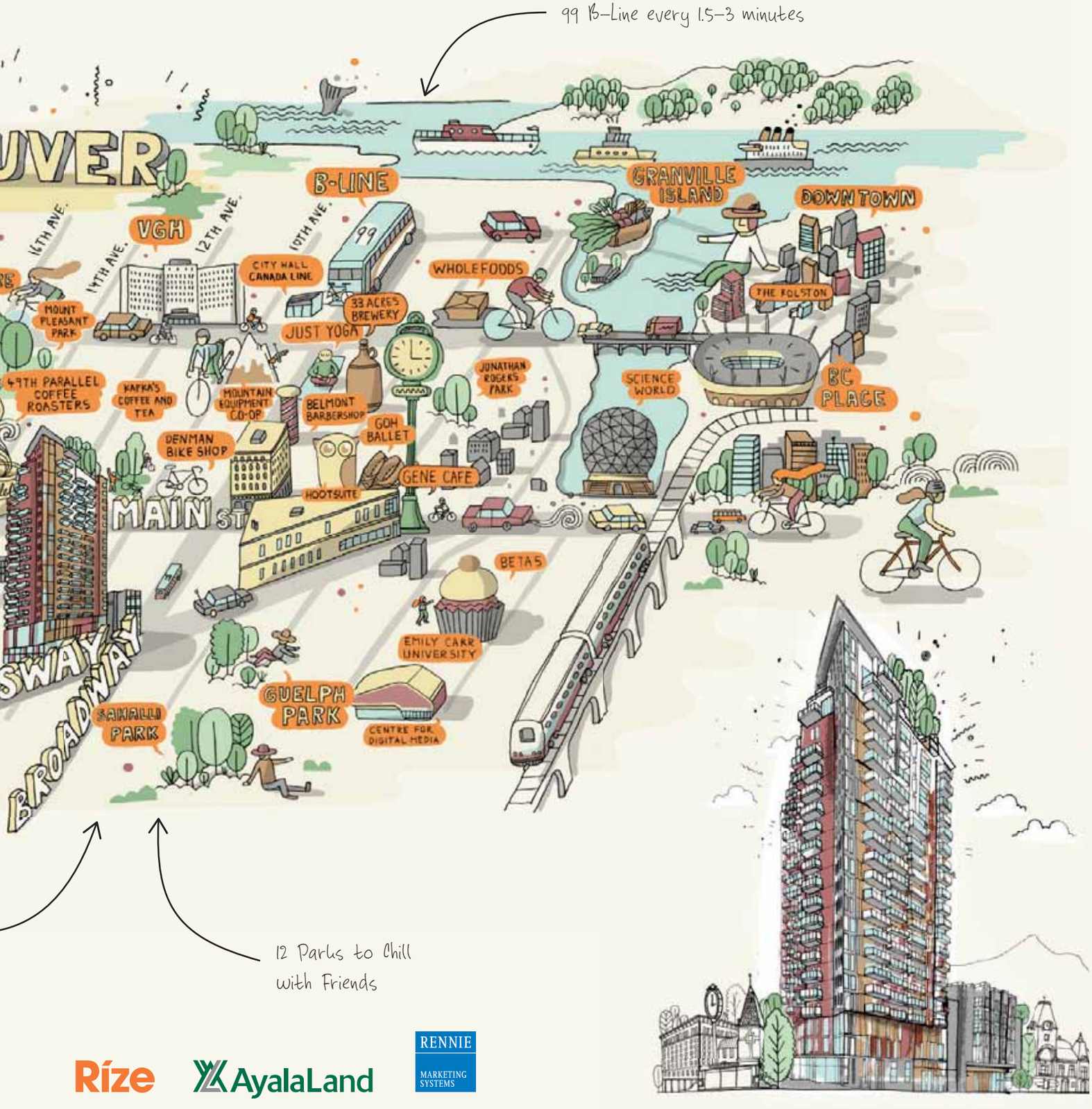

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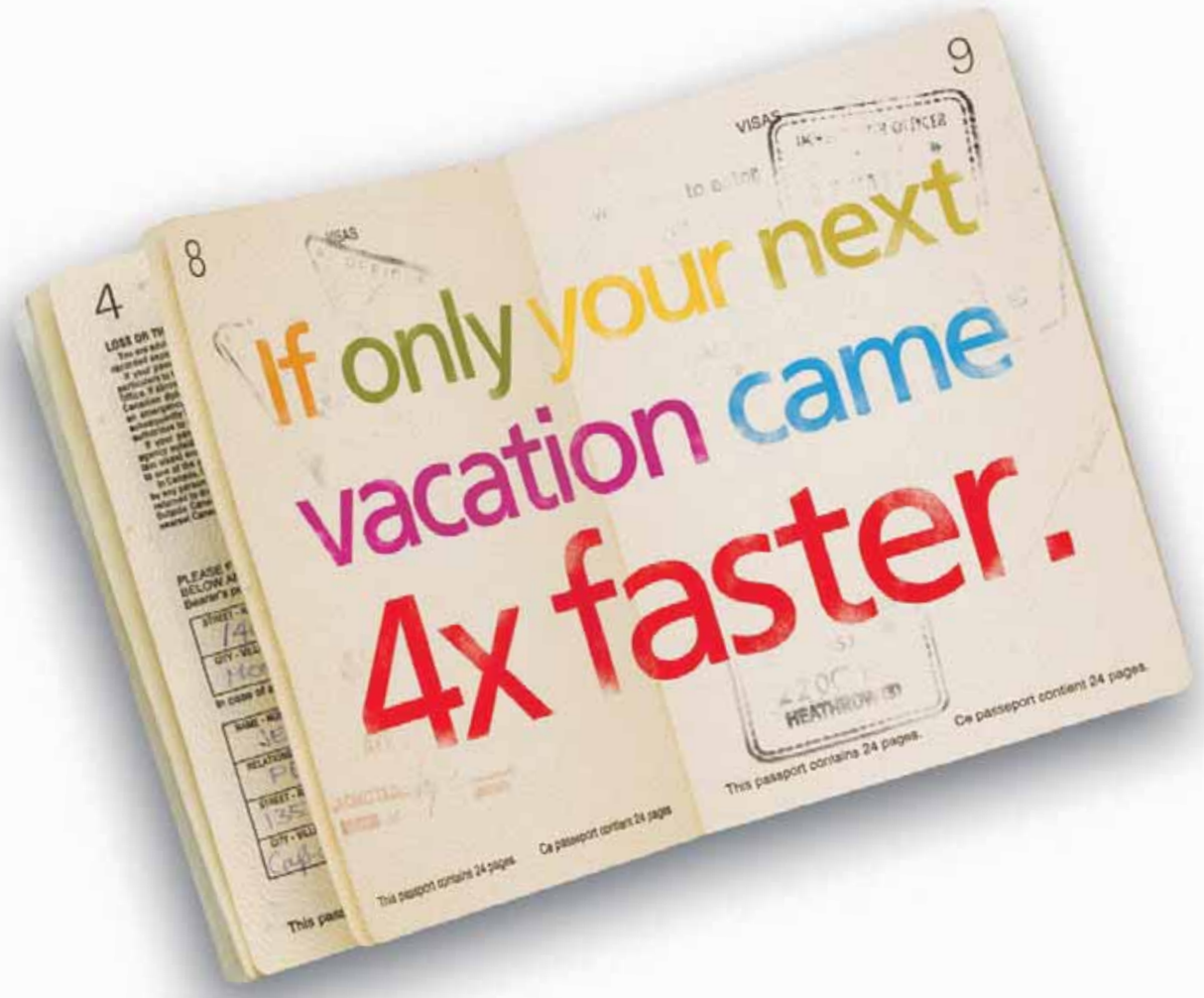

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How-to

Never sacrifice style for comfort — and vice versa

1. Wrinkle-free trousers and chinos are more stylish and more comfortable than denim.
2. Go with fabrics that breathe so you perspire less. Synthetic fabrics also tend to absorb odours.
3. Sweatpants and other athletic wear can tend to look sloppy.
4. Roll up jackets for the overhead bin. To keep blazers clean, turn them inside out and fold them shoulder into shoulder before rolling them up.
5. Darker colours won't show dirt/spills as much.
6. Keep jewelry to a minimum. Elaborate earrings can make sleeping less comfortable.
7. Opt for simple slip-ons over lace-ups or high heels. And please wear your shoes to the lavatory!

DOUG WALLACE/METRO

Trend

Accessible airport lounges

Departure lounges aren't just for the elite. Hourly-fee lounges are cropping up to offer free snacks and beverages, Wi-Fi, work stations, conference rooms, private nooks, concierge services, showers, etc. The Airspace Lounge at JFK, Baltimore-Washington, Cleveland and San Diego lets passengers rest or work in comfort for $20. The Club at ATL in Atlanta, Dallas, Phoenix and San Jose offers day passes for $35. The Centurion Lounges by American Express (free for Platinum cardholders, $50 for most AmEx cardholders) have set up shop in LaGuardia, Dallas and Las Vegas.

TEXT: DOUG WALLACE, PHOTO: AMEX

Deal

Posh skiing for less in Colorado

The Arrabelle at Vail Square in Vail, Colorado, has 60 per cent off winter rates if you book a minimum of six nights by November 21 for travel between March 12 and 21. This is for one- to three-bedroom residences only, and breakfast is included. Just steps from one of the lifts, the Arrabelle has a healthy dose of old-school, European ski-chalet charm. Keep an eye out for the ubiquitous celebrities. Call Merit Vacations to book at 800-268-5940.

TEXT: DOUG WALLACE, PHOTO: VAIL RESORTS

Oktoberfest. Raise your glass to these unique brew spots

Bucket list breweries

- **Largest brewery.** The Golden Brewery, Colorado
- **Oldest brewery.** Bavarian State Brewery, Weihenstephan, Germany
- **Most remote brewery.** Easter Island
- **Smallest brewery.** Bragdy Gwynant, Wales

For those unable to make it to the Kitchener-Waterloo, Ont. Oktoberfest — the second largest Oktoberfest in the world — Cheapflights.com rounds up a collection of unique breweries around the world. Cannabia is all about beer made with hemp. Since 1996, a town called Neunkirchen in Germany has been producing suds brewed with organic Pilsner and hemp to bring the term beer buzz to a whole new level. The weirdest brewery in the world has to be in Newport, Ore., where bottles of brewsky are made from human hair — male facial hair. Beard Beer harvests beard hair — a viable source of yeast — to produce suds. Then there's the coldest and northernmost brewery. Ice Cap Beer is produced in Greenland and made with melted ice from a 2,000-year-old iceberg. Oktoberfest in Kitchener, Ont. runs from Oct. 10-18th. AFP

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Building the pillars of education in Ecuador

Volunteer adventures. Donate more than money while learning about different cultures as you pick up new skills — like bending rebar and hand-mixing cement

VAWN HIMMELSBACH
life@metronews.ca

metro AR Participants had to cut, form and bind rebar to build pillars that will hold up a school in Bella Vista Baja, Ecuador. Scan this photo with your Metro News app to see more images.

It's a winding eight-hour bus ride across the Andes, where you feel the effects of the altitude and bone-chilling cold.

After a motion-sickness-inducing descent into the Amazon basin, you then catch a motorized canoe for half an hour on the Rio Tinto, before being dropped into an environment that has tarantulas and snakes and sometimes 40-plus-degree heat. And this is after a full day of connecting flights from Canada to Quito, Ecuador.

All to get here: Minga Eco Lodge. It's the definition of remote, deep in the Amazon. This is the newest destination in Me to We's Volunteer Adventure offerings, allowing volunteers to work alongside the Amazonian people and learn about the challenges they face.

"This isn't a luxury paradise vacation, but what you will get out of this is the satisfaction of knowing … you've been able to give someone something that's greater than money — and that's your time," said Lauren Ott, manager of executive projects with Free the Children.

I'm tagging along with a group of seven Aimia employees on a corporate-sponsored trip to help build a school in the nearby village of Bella Vista Baja. Aimia is a loyalty management company that owns Aeroplan and supports a range of charitable endeavours from donations to employee volunteer activities (for this trip, employees had to apply for a spot by writing an essay).

Alberto Valdes, a manager at Aimia, wanted to come here because his mother is Ecuadorian.

"Growing up, my mother always said how lucky we are to have what we have," he said. "I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Valdes made a sacrifice of his own to be here: His wife is seven-and-a-half months pregnant. Being cut off from the outside world — there's no Internet and no cell coverage, either — is challenging, but he wants to be able to share these stories with his kids so they're aware of important issues from an early age.

There are no roads here. Instead, we hop in a motorized canoe to get to Bella Vista Baja, a community where the only source of "clean" water is from a hose that comes up out of the ground in the middle of the school playground. There's only one toilet in the entire community, which belongs to the wealthiest family.

"Many of the indigenous people not only feel forgotten, but their infrastructure is very lacking," said Ott. In the past, non-profits would come to areas like this with an attitude of "build it and they will come."

But without community consultation, they built things and no one came. Outhouses became sheds; wells dried up.

Me to We's model is different, in that it requires sitting down with community leaders (not once, but six times) to find out what they need, rather than telling them what they need.

The community is also required to either pay or supply the resources for 10 per cent of every project. "Our hope is within five or six years we're able to leave the community and they're fully sustainable," said Ott.

In Bella Vista Baja, we're helping to build a school, alongside a crew made up of locals. We cut, form and bind rebar to build, quite literally, the pillars of education. Cement (mixed by hand) will be poured over the re-bar to create pillars that will hold up the school. It's back-breaking work without machinery. It will take six to seven months to complete one school, so our group will be one of many helping to make that happen. "It's taking the time to show someone that they're important enough that you took the time to meet them and learn their name," says Ott.

Finding their focus

"We wanted to create our own identity in the business-scape of Canada," said Alden Hadwen, Aimia's head of community engagement. So Aimia ran focus groups with members to find out what makes life meaningful for them, which has resulted in partnerships with not-for-profit organizations such as Free the Children, among others.

- **Members.** Can donate miles to various causes; Aeroplan also donates miles or matches miles. Aeroplan has contributed close to 100 million miles.

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You may think that drinking an ice cold or piping hot drink causes it. Or maybe a big breath of cold winter air. But the painful reaction you have when you expose your sensitive teeth to extreme temperatures is the outcome, not the cause.

What causes your teeth to experience that uncomfortable twinge?

"Vital teeth are alive with nerve and blood supply to the teeth, so they respond to sensory stimuli such as hot, cold or pressure," says Dr. Janet Tamo, a Toronto dentist.

Hard brushing and certain sugary or acidic foods will affect the structure of the tooth and leave it vulnerable so that cold sensations have a pathway to the nerve, which will then cause pain.

Many people avoid exposure to cold drinks and foods, knowing that it may aggravate the sensation of discomfort. However, it's not just what you drink or eat.

"Even breathing in cold air while outside or in a cold hockey arena can aggravate the situation," Tamo says.

For some adults, the pain may only be occasional, but for many others, it can be chronic. And avoiding the unwelcome sharp pain associated with sensitive teeth can seriously interfere with their lifestyle and eating habits, causing them to stay away from certain drinks, food or even cold-weather activities that can set off the discomfort.

No one wants to be left out when it comes to winter activities. So Crest has developed Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce these new products to Canadians, just in time for winter.

If you suffer with sensitive teeth, find out more about what you can do by talking to your dentist or hygienist. And switch to products that will help ease the pain so you can get out and play this winter.

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A PURSUIT OF HAPPINESS

TD travel rewards bringing the joy

SHUTTERSTOCK

Canadians aren't just happy when they make a purchase which could result in travel rewards, they're also happy when they redeem those travel rewards down the line.

More than a third of Canadians (35 per cent) say they feel happy when they redeem for travel rewards because they love to get a good deal, according to the TD Travel Rewards survey conducted for TD Canada Trust.

The next most common emotion when redeeming miles is satisfaction with the chosen reward (26 per cent), followed by a sense of accomplishment in collecting the required number of miles and excitement about being able to take a dream trip (16 per cent).

"The suite of TD Aeroplan Credit Cards offer a great way for travel enthusiasts to get the most out of everyday credit card purchases and feel that exhilaration of reaching a goal when they redeem their Aeroplan Miles for a trip or reward that they have been planning for, for themselves, or with family or friends," said Stephen Menon, associate vice president, Credit Cards, TD Canada Trust. In addition to exploring the emotional response to the redemption of travel rewards, the survey also explored the personality types of travel rewards collectors.

The results showed that most Canadians who collect travel rewards fall into three main personality types — Strategizers, Savers and Accidental Tourists.

Strategizers, who make up 27 per cent of collectors, develop a detailed plan to earn as many miles as possible, including accumulating bonus multiplier miles by using a rewards credit card to purchase such things as groceries and gasoline. The second largest group — at 24 per cent — are Savers, who accumulate miles specifically for a dream getaway. Close behind are Accidental Tourists (22 per cent), who earn miles randomly and travel randomly.

Whether a Strategizer, a Saver or an Accidental Tourist, it's important to choose the travel rewards credit card that best fits your needs and helps you to achieve your goals as quickly and as easily as possible. Menon also suggests considering the other benefits a travel rewards credit card can offer. For example:

- Look for welcome bonuses and the ability to earn bonus travel rewards on certain purchase categories
- Take advantage of additional benefits that your travel rewards credit card may offer, like travel insurance coverage, concierge services and airline perks
- Understand the value of your travel rewards in a way that makes sense to you, like air travel or merchandise rewards
- To get the full benefits of any credit card rewards program, ensure the credit card bill is paid in full and on time each month to avoid interest charges on your purchases

Embrace the staycation vacation

Fall is here, and with the busy holiday season on its heels, planning to take even a short break from the office is on many of our minds.

But with competing financial demands, taking that mini-vacation can seem more stressful than relaxing. It's important to remember that vacations are about taking the time to relax, and a vacation close to home can be just as fun and easier on the bank account.

"Vacations don't have to be expensive — staycations are an affordable option that can provide the same mental and physical benefits as travelling to an exotic destination," says Stephen Menon, associate vice president, TD Credit Cards.

"But, regardless of what type of vacation you decide to take, it's still wise to plan ahead and budget for it."

SHUTTERSTOCK

KEEP COSTS LOW

If you do plan to vacation close to home, Stephen Menon, associate vice president, TD Credit Cards, offer his tips to keep costs in check:

- Plan ahead. For example, if your vacation plans include a weekend trip to wine country, after putting aside $50 a week for 6 months you'll have over $1,000 to put towards it.
- Budget for all costs associated with your travel and take advantage of rewards earned with your rewards credit card. Look for a credit card that lets you redeem rewards on all anticipated travel related expenses, including car rentals. Some cards also offer protection for your purchases against breakage or loss , and can sometimes reimburse you for certain emergency expenses due to travel delays and cancellations.
- Bring essentials from home — like groceries, snacks and water — which can help cut down on expenses while travelling
- Take advantage of free activities close to home like heading outside the city for some hiking.

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Stuffing takes on turkey with a twist

Alternative Thanksgiving week. The combination of broccoli and wild rice shake up your holiday stuffing

DINNER EXPRESS
Emily Richards
food@metronews.ca

This recipe makes eight servings. EMILY RICHARDS

With Thanksgiving around the corner you may be thinking about what to enjoy with family and friends.

When inviting guests during the holidays, you may need to take into account some dietary restrictions, and it's always nice when flavour doesn't have to suffer.

Bread stuffings for turkey are very popular and certainly tasty, but with many gluten intolerances, that may not be on your list this year.

This unique twist on a stuffed turkey includes a wild rice stuffing with colourful broccoli and crunchy water chestnuts to give it an Asian-inspired taste for the table. With a little heat in the marinade, the flavours sing out.

Using rice as a stuffing idea makes this a versatile option for gluten-free family members who really do enjoy a stuffing.

Ingredients

- 1 tsp (5 ml) sesame oil
- 4 cloves garlic, minced
- 2 tbsp (30 ml) minced fresh ginger
- 1 cup (250 ml) chopped broccoli
- 1/2 red bell pepper, finely diced
- 2/3 cup (160 ml) cooked wild rice
- 1/3 cup (80 ml) water chestnuts, drained and diced
- 3 tbsp (45 ml) sodium-reduced tamari sauce
- 2 tbsp (30 ml) rice vinegar
- 1 egg white
- 1/2 tsp (2 ml) Asian garlic chili paste or Tabasco sauce
- 1 large boneless, skinless turkey breast (about 2 lb/1kg)

1. In a large non-stick skillet, heat oil over medium heat. Add garlic and ginger and cook for 1 minute. Add broccoli and red pepper and cook for 3 minutes or until beginning to soften.

Add rice and water chestnuts and cook for 2 minutes or until warmed through. Remove from heat and add 2 tbsp (30 ml) of the tamari sauce, 1 tbsp (15 ml) of the vinegar and stir to combine. Let cool completely. Stir in egg white.

2. Using chef's knife, slice turkey breast horizontally in half almost all the way through.

Open like a book and using meat mallet, pound turkey to about 1 inch (2.5 cm) thick.

Spread rice mixture over turkey breast. Roll up jelly-roll-style and using kitchen string, tie roll in 2-inch (5 cm) intervals. Place in shallow small roasting pan.

3. In small bowl, whisk together remaining tamari sauce, rice vinegar and Asian chili paste. Pour over turkey breast, turning to coat all over.

Cover with plastic wrap and refrigerate for at least 1 hour or for up to 4 hours.

4. Roast in 325 F (160 C) oven for about 1 hour and 30 minutes or until meat thermometer reaches 180 F. Let stand 10 minutes before slicing into 1/2 inch (1 cm) thick slices.

Tip: If you want to use just the stuffing, simply make it as in the recipe and bake in a small casserole dish, covered in a 350 F (180 C) oven for about 20 minutes to heat through and cook the egg.

To cook wild rice, boil in salted water for 30 to 40 minutes or until tender but firm. The rice will have "popped" a bit during cooking.

In the event of an event, follow these golden rules for getting yourself out there

They want you. When you show up to any job fair, remember the reason it's being held

ROSIE HALES
TalentEgg.ca

Go ahead and tell recruiters what you like about their company's job-fair booth. That will show that you're paying attention, and aren't afraid to share your thoughts. ISTOCK

Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing and might even seem unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's not possible to emphasize enough just how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities need not be so daunting.

The one golden rule to networking at a recruitment event is to remember this fact: Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you.

Making contact

Don't forget to swap info with company recruiters:

- Trade their business card for your business card, a resumé and a cover letter. This is a really good way to end a conversation that you think went well, and if you followed the tips listed at right, then the recruiters will likely remember you and therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.

Sounds a bit like a no-brainer, right? Wrong. You'd be surprised how many people choose to avoid a recruitment event because they're concerned about networking. Just keep the following tips in mind.

Ask questions about the company and their rep

The best way to leave a great impression on someone is to ask them questions about themselves. This definitely applies at a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

Itching to engage

Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you.

- What brought them to work for this company?
- If they did post-secondary education, what kind did they do, and what was their specialty?
- What's their favourite part of the job?
- Which company office are they from?

Don't forget to ask key questions about the company:

- What kind of students are they looking to attract at this recruitment event?
- What do their available positions entail?
- How long does the application process take (so you know when to apply)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you.

Try to say something a little more engaging than just commenting on the free stuff (even if that is the reason you like their booth). Find something to talk about that shows that you're attentive and perceptive.

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Psychiatric Nursing (online): This 23 month program is recognized by the College of Registered Psychiatric Nurses of BC (CRPNBC). Entry-level earnings start at $30.79/hour to $40.42/hour. Stenberg College grads will receive advanced standing and can complete a Bachelor of Psychiatric Nursing (BPN) at Kwantlen Polytechnic University in 4 semesters.

Therapeutic Recreation – Gerontology (online): Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for seniors. Earn up to $23.50/hour.

Education Assistant / Special Education Assistant (online): Become an Education Assistant in just 9 months! Average starting wage in school districts ranges from $20 - $26/hour. You will receive training and certification from the Provincial Outreach Program for Autism and Related Disorders.

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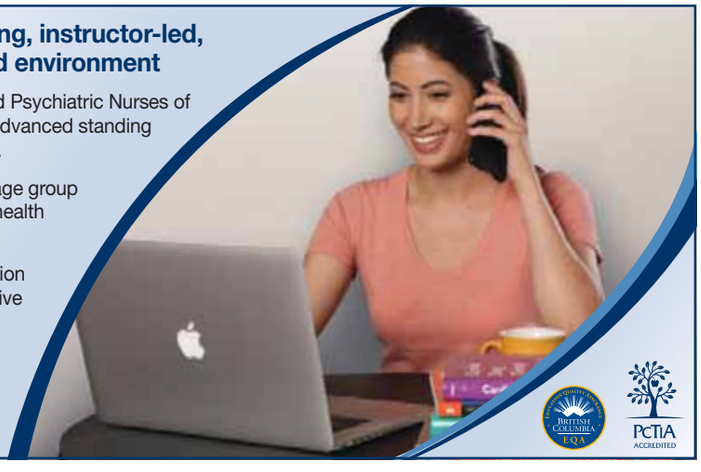
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When a workplace needs some work

Advice as enterprise.
A career in consulting provides a plethora of opportunities

JUSTIN MATHEWS
TalentEgg.ca

Consulting jobs provide opportunities to build strong analytical skills early on — an asset in any industry. ISTOCK

The picture in consulting is a promising one, for a wide variety of reasons. While consulting is a broad field with a range of opportunities, there are some qualities that apply to the industry as a whole, and those qualities bring particular benefits. Take a second to think about how these perks and benefits align with your career goals.

You're in the fast lane
Consulting offers invaluable skill-building, personal development and networking opportunities — right from the start. In fact, the level of autonomy and responsibility an entry-level consultant or analyst receives is almost unparalleled.

Working with a client's top CEO or CFO is not unheard of, which allows relatively new professionals ample opportunity to build a strong network in and out of the firm.

That professional spotlight means that consultants quickly develop and hone their problem-solving and communication skills.

Your work is diverse
As an industry that serves all others, consulting offers recent graduates variety like no other. Consulting firms are primarily external, meaning your work will vary from client to client and project to project.

Over the course of just six months, you might tackle several different projects. Each one could offer a new kind of content and scope, as well as a range of clients, workplace environments and even countries.

By this measure, there is also enormous variety in the industries that a consulting firm can assist, be it a business firm, media organization, startup tech company or government agency. For many consultants, travelling is routine.

With so many different clients and projects, a career is consulting is most certainly not your typical day job, and far from monotonous.

You're well-rewarded
As with any booming industry, consulting is lucrative and the pay is substantial.

With companies lining up for the services offered by consulting firms, entry-level consultants can expect compensation packages that are intended to reward them — and keep them. Often salaries are cushioned with expense accounts, paid-for professional development, travel packages and free training. Entry-level consultants in Canada can expect an average salary of $50,000 in their first year.

You can learn and grow

The consulting industry remains one of the most successful industries around the globe.

- Organizations that employ consultants on a large scale (investment banks, private equity firms, corporate law firms and more) are often central to the sustained success of economies, because they are crucial in helping companies to raise capital, facilitate complex transactions, and integrate new technology.
- To this end, companies, corporations, and even governments are increasingly reliant on consulting firms to improve their operations and achieve strategic objectives.

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Alex Bilodeau

Moguls champ hangs up his skis

Alex Bilodeau laughs when it's suggested that some people find his chosen profession of accountancy boring.

But it is a little surprising that a two-time Olympic gold medallist who made a career of hurtling down hillsides and flying over ramps would now want to spend his days tallying numbers at a desk.

"It's not how much fun it is, it's how much you understand about business," Bilodeau said Tuesday after formally announcing his retirement from freestyle skiing. "I love business, economics and finance, and accountancy is a great way to understand all of it.

Bilodeau, 27, won gold in moguls at the 2010 Winter Games in Vancouver and again in Sochi last February. THE CANADIAN PRESS

MLB playoffs

Cardinals to face Giants in NLCS

The St. Louis Cardinals tagged Clayton Kershaw in the seventh inning for the second straight time, riding Matt Adams' go-ahead, three-run homer to a 3-2 victory over the Los Angeles Dodgers on Tuesday and a fourth straight trip to the NL Championship Series.

Following their 3-1 win in the best-of-five series, the Cardinals will face the San Francisco Giants in the NLCS, which starts Saturday in St. Louis.

The Giants finished off the Washington Nationals with a 3-2 win in Game 4 of their series later Tuesday. THE ASSOCIATED PRESS

Bieksa a game-time decision for Canucks

NHL. Veteran defenceman skated Tuesday and could play in Wednesday's season opener versus Flames

CAM TUCKER
cam.tucker@metronews.ca

In his own words, Kevin Bieksa was coming in a little too fast, his opponent in an Edmonton Oilers jersey suddenly ducked, and just like that the Vancouver Canucks defenceman may not play in the season opener.

Bieksa will be a game-time decision, according to head coach Willie Desjardins, when the Canucks begin the regular season against the Calgary Flames on the road Wednesday.

Desjardins said Bieksa, who took a healthy run at an Edmonton player during the second to last pre-season game last Thursday, and fell awkwardly into the boards when that player ducked, "looked good" at Tuesday's practice.

Bieksa took part in the full skate, before the team boarded a flight to Calgary. He spent the practice with Frank Corrado as the extra defensive pairing.

"There's really no need to speculate right now but first skate with the guys, lasted the whole time. Felt good, felt strong," said Bieksa.

"We'll see how everything reacts tomorrow. We stressed it pretty good today and tomorrow will tell if everything's recovered and gotten better. We'll make the decision then."

Bieksa remained in that game against the Oilers despite feeling some pain.

The Canucks' Kevin Bieksa chases Bogdan Yakimov of the Oilers during pre-season action on Thursday in Edmonton. Bieksa suffered an injury in the game and may sit the regular-season opener because of it. JASON FRANSON/THE CANADIAN PRESS

"It was an awkward play. I felt good enough to finish the rest of the game but as you know, the next morning when you wake up, things heal a little bit differently," he said.

"It's taken me a couple of days to kind of let everything settle down."

It is the first game of the season, one in an 82-game schedule that is long and gruelling.

No need to risk further injury at this point. Especially for a top-four defenceman who is used on the power play and penalty kill.

"I'd definitely like to play," said Bieksa. "But you also have to be smart. Playing one game and then sitting four or five is not very smart and not good for the team."

If Bieksa can't play, that likely opens up an opportunity for Yannick Weber in the lineup.

Weber, who appeared in 49 games for the Canucks last season, skated Tuesday on a pairing with Ryan Stanton.

Budding relationship

Miller, goalie coach getting on same page

Canucks goalie Ryan Miller continues to adjust to a new team and goaltending coach Roland Melanson.

On Tuesday, Miller talked about the developing relationship between the two.

"The more and more we talk, the more we find we have similar ideas. It's just been aligning the language," he said.

"He's saying something and I'm saying something, and we're essentially saying the same thing. Sometimes it takes us half a day to realize it."

Players' lawyer wants to discuss alternatives to turf

Germany's Lena Lotzen scores a goal during an international friendly against Canada at B.C. Place Stadium on June 18. JEFF VINNICK/BONGARTS/GETTY IMAGES

Lawyers for a group of elite players opposed to playing the 2015 Women's World Cup on artificial turf say FIFA's own timetable shows there is plenty of time to resolve the issue ahead of the showcase soccer tournament.

Lawyer Hampton Dellinger pointed to a story on the FIFA website on the FIFA inspection tour that wrapped up Tuesday in Vancouver that said "all certification steps for stadium pitches are expected to be completed by early 2015."

At what cost?

The players' side say it would cost $2 million to $3 million at most to install grass pitches at tournament venues.

That "supports our position that there's plenty of time to come up with a reasonable solution," Dellinger said in an interview. "They can't say today that these fields are acceptable," he added. "So that really, in a way, provides an opportunity for the two sides to come together as we have tried to do, and work this out."

As the inspection tour concluded, FIFA gave a thumbs-up to Canada's tournament preparations.

"Canada is well on track," said Tatjana Haenni, FIFA's deputy director of the competitions division and head of women's competitions. "We've inspected the six stadiums, and overall, we are pleased with Canada's readiness." THE CANADIAN PRESS

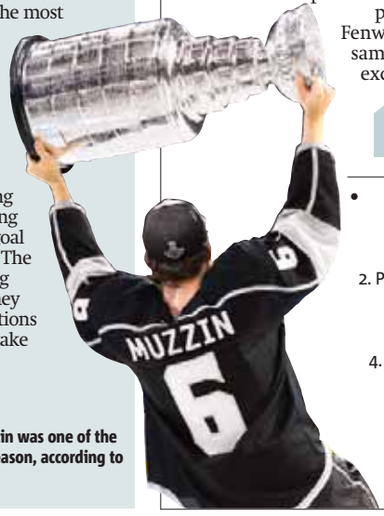
4 SPORTS

Analytics rule the NHL

If you're a progressive thinker, the kind who loves math and Malcolm Gladwell books, you're probably big into hockey's advanced stats movement. Pat yourself on the back. But if you bristle at the mention of odd new phrases like 'Corsi rating' and 'Fenwick Close,' and don't know what the heck we hockey media types have gabbed about all summer, keep reading. It's time for Advanced Stats 101. **MATT LARKIN/THE HOCKEY NEWS**

1 Corsi

Developed by former NHLer-turned-goalie coach Jim Corsi, who wanted to track how busy his goalies were, this is the most commonly used metric in advanced stats. It measures the differential of shots attempted by teams and players versus their opponents' total. That includes shots on goal, shots that miss the net and blocked shots. Corsi is an approximate way of measuring possession, as the team blasting more pucks at the opposing goal tends to have the puck more. The Kings had the best Corsi rating in the NHL last season, and they won the Stanley Cup. Correlations like that are why it's time to take advanced stats seriously.



Kings defenceman Jake Muzzin was one of the top possession players last season, according to Fenwick. GETTY IMAGES

2 Fenwick

What good is a shot attempt if it bounces off a shin pad? That's what Fenwick proponents argue. Fenwick measures the same things as Corsi, except it factors out blocked shots.

- **Fenwick's best individuals:**
  1. Jake Muzzin, L.A. (61.3%)
  2. Patrice Bergeron, Bos (61.2%)
  3. Anze Kopitar, L.A. (61.0%)
  4. Justin Williams, L.A. (60.8%)
  5. Tyler Toffoli, L.A. (60.5%)

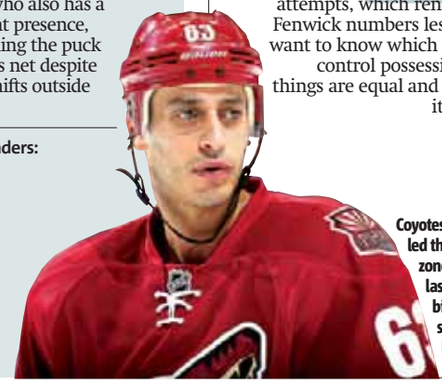
3 Zone starts

Zone start percentages track player deployment. Guys like Brad Richards and Mike Ribeiro had some of the highest offensive zone start percentages in the league last season, meaning their coaches were insulating them from playing defence by sending them out for most of their shifts in the offensive zone. A player with a low offensive zone start percentage who also has a high Corsi is a dominant presence, as it means you're pushing the puck toward the other team's net despite starting most of your shifts outside their zone.

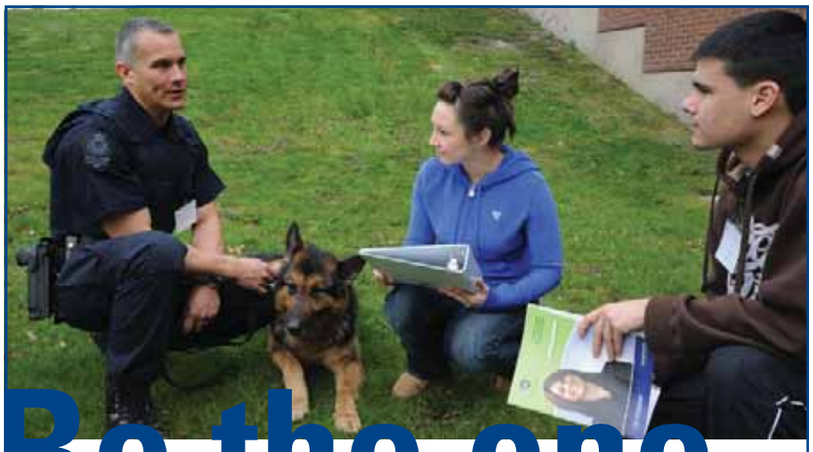
- **2013-14 zone start leaders:**
  1. Mike Ribeiro, Phx (71.7%)
  2. Patrick Kane, Chi (69.8%)
  3. Andrew Shaw, Chi (67.9%)
  4. Jeff Skinner, Car (66.7%)
  5. Brad Richards, NYR (66.6%)

4 Close

Don't shrug it off if you see "close" attached to Corsi and Fenwick. Corsi Close and Fenwick Close only track shot attempts in tie games and games within one goal during the first and second periods. Why? Because blowouts skew the results. A team with a 5-0 lead, for instance, will take its foot off the gas, leading to more opponent shot attempts, which renders the Corsi and Fenwick numbers less informative. We want to know which players and teams control possession more when all things are equal and each side is trying its hardest to score.



Coyotes centre Mike Ribeiro led the NHL in offensive zone start percentage last season, one more bit of evidence to show he's a defensive liability. GETTY IMAGES



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Bubble bursting: Canucks will be on playoff fringe

THE HOCKEY NEWS
Matt Larkin
Vancouver@metronews.ca

It was a summer of significant change for the Canucks, but it wasn't necessarily the change you'd expect. This team missed the playoffs after a disastrous season under John Tortorella. It surrendered two goalies, Cory Schneider and Roberto Luongo, within a calendar year. It shipped Ryan Kesler to Anaheim. It brought home some nice prospects at the draft, including Jake Virtanen and Jared McCann. It hired a new bench boss used to handling youth, in Willie Desjardins.

All those moves by president Trevor Linden and GM Jim Benning suggest a rebuild, but we know better. Paying $11 million per season for Ryan Miller and Radim Vrbata suggests the Canucks want to reload instead.

Up front, Vancouver looks deeper than it was a year ago. Daniel and Henrik Sedin can't be that bad again, though there's more hope for Henrik. Daniel hasn't been the same player since Duncan Keith con-

Signings such as Radim Vrbata show the Canucks are hesitant to pull the trigger on a full-fledged rebuild. THE CANADIAN PRESS

cussed him in 2012. Over the last two seasons, he has just 28 goals in 120 games. Vrbata, in theory, gives the twins a useful triggerman. They're the best linemates Vrbata has ever had, and he's a better goal scorer than what they're used to.

Nick Bonino is a nice consolation prize from the Kesler trade, too. He's capable of generating offence on his own and can do many of the things Kesler can do, plus he's four years younger. Zack Kassian took a step forward last season and has the time and pedigree to become a dominant power forward. Youngsters like Linden Vey and mega-prospect Bo Horvat — if he's healthy enough to make the team — add to what should be a sneaky-deep forward corps.

Vancouver's defence is a reliable, veteran-laden unit, with two-way presences Kevin Bieksa, Dan Hamhuis and Alexander Edler leading the way. But Edler completely lost his confidence over the past two seasons and there's no guarantee he finds it. The Canucks had the league's No. 26 power play and traded Jason Garrison. Who will fill that void with the man advantage? Yannick Weber's shot has drawn buzz in camp and the team hopes Frank Corrado is the long-term answer.

Miller shores up the Canucks' goaltending nicely, relegating Eddie Lack to backup status, a role in which he flourished when Luongo was in town.

Look up and down the 2014-15 roster and you shrug your shoulders. Few teams have cloudier outlooks. As deep as the Canucks are, they're no longer talent-rich. They're a bubble playoff team whose success depends on bounce-back years from the Sedins and whether the youth move movement is ready for prime time.

A legend may be done, maybe not

Martin Brodeur. The Hall of Fame-bound netminder is staying in shape as he waits for calls from teams

The day before the start of another NHL season, Martin Brodeur found himself in the strange position of being out of work.

He hopes it's not a situation he'll be in for long. But despite 21 stellar seasons with the New Jersey Devils that includes three Stanley Cup titles and an NHL-record 688 wins, the 42-year-old goaltender knows his time in the NHL may have come to an end.

Still, Brodeur has been keeping in shape this week, training with Quebec Major Junior Hockey League's Gatineau Olympiques, where his son, Anthony, is a goalie.

Martin Brodeur GETTY IMAGES

"It means a lot (to train with Anthony)," Brodeur said.

Coming to Gatineau has allowed him to maintain his training and spend quality time with his oldest son.

Brodeur was in Mississauga, Ont., last week catching up with younger son Jeremy, who is a goaltender for the Oshawa Generals of the Ontario Hockey League.

Brodeur is the NHL's all-time leader in regular season wins, losses, shutouts and games played, and holds several other league and franchise records. A four-time Vezina Trophy winner, Brodeur is the only goalie in NHL history with eight 40-win seasons.

Brodeur would have liked to have already signed with a team, but understands organizations likely want to get a good look at younger prospects.

"Hopefully I'll have an opportunity but if it doesn't happen it's not the end of the world," Brodeur said.

"I've played a lot of hockey and I'm enjoying my time off right now. I've never done that in my life so it's kind of nice to do, but just coming back and playing hockey for two days I know I still have it and it's still inside of me to want to play a little more if I can."

THE CANADIAN PRESS

Penguins

Malkin '50/50' to play in opener

Evgeni Malkin isn't skating like a guy who wants to ease his way back.

The Pittsburgh Penguins star says it's "50/50" he'll play in Thursday night's season opener against Anaheim, but the odds appear to be getting more favourable by the minute. Malkin practised with his teammates for the first time on Tuesday after missing most of training camp with an undisclosed injury.

THE ASSOCIATED PRESS

Shoulder injury

Bad news for Bennett

Sam Bennett remains with the Calgary Flames to start the season, but when he'll make his NHL debut is unclear. The 18-year-old forward has a shoulder injury that requires treatment and possibly surgery.

"He's probably been dealing with this for longer than he wanted to let on," Flames general manager Brad Treliving said Tuesday.

THE CANADIAN PRESS

Expansion chatter. NHL Commissioner says no formal plans to add teams

NHL Commissioner Gary Bettman is flattered that North American cities without hockey teams are interested in adding one to their towns, but it just isn't in the plans.

Bettman isn't quite sure what fuels the talk that the NHL is looking to widen the league beyond the current 30 franchises, he suggested perhaps slow news days in the summer. He is pleased with the health of the league, and there have been no internal discussions about adding teams.

It doesn't mean that it won't happen down the road.

"If we go through a formal expansion process, then we will have to evaluate that very question," Bettman said Tuesday during an interview with The Associated Press inside his Manhattan office. "What we are doing is continuing to listen to expressions of interest, and we're pleased that there are lots of expressions of interest, but we haven't and are not ready to deal with them in a very structured, formal way and make that decision."

Gary Bettman
THE ASSOCIATED PRESS

Before any expansion discussions can be held, the NHL will have to decide how many teams is enough, and if adding others will water down the product.

"That would require us to do an analysis we haven't done," Bettman said. "If you look around, there is no list on the wall ranking cities where we're not. We're listening. There is apparently a lot to listen to, but at this point that's all we're doing."

THE ASSOCIATED PRESS

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2015 Ford F-150

- **Type.** Two- or four-door full-size pickup truck, with two- or four-wheel-drive
- **Engines.** 2.7-L EcoBoost V6 (325 hp/375 lb.-ft.), 3.5-L V6 (283/255), 5-L V8 (385/387); 3.5-L EcoBoost V6 (365/420)
- **Transmission.** Six-speed automatic
- **Base price.** $21,399

Market position

Ford may be taking a gamble among traditional truck buyers with its all-aluminum body, but expects the fuel economy and increased capability will win them over. It may start a trend among other manufacturers as well.

Points

- Since the steel frame and aluminum body can't touch without creating corrosion, they're separated by coatings and special fasteners.
- The new frame contains eight crossmembers for strength, one more than before.
- The much-touted "military-grade aluminum" is just a marketing phrase, as there is no such standard.

F-150 offers a 360-degree camera and side-mirror spotlights.

Interesting features

Available LED headlights, power-telescoping trailer mirrors, 360-degree camera, box side steps, integrated tailgate step, stowable loading ramps, self-parking feature, side-mirror spotlights.

Slim, trim and still the boss

PHOTOS: JIL MCINTOSH

Review. The new Ford F-150 has an aluminum body to reduce fuel use and boost its towing and payload capacity

JIL MCINTOSH
drive@metronews.ca

When an automaker shaves weight off a truck, good things happen. Not only does fuel economy improve, but towing and payload capability increase.

That's the big news at Ford, where its all-new 2015 F-150 has trimmed down by almost 320 kilograms over the previous model.

That's primarily due to an all-aluminum body and box, along with a redesigned steel frame that's also much lighter than before. Although fuel figures aren't yet available, Ford says to expect an improvement of 5 to 20 per cent over the previous model, depending on the engine.

That lighter body also allowed engineers to add an all-new 2.7-litre EcoBoost V6 engine, which uses two small turbochargers to crank out more power than many larger engines when required, but which returns better fuel economy when full grunt isn't needed.

It also features start/stop technology, which shuts off the engine at idle, for even more fuel savings.

The interior is an improvement, but not quite as spectacular as it could be.

Other engine options include two versions of a 3.5-litre V6 — one turbocharged, one not — and a 5.0-litre V8.

You really feel the weight difference when driving. The new F-150 feels agile, accelerates quickly, and brakes faster and better. Maximum towing capacity is now 12,200 lb. (5,533 kg), up from 11,300 lb. (5,125 kg).

The interior is also an improvement over the old model, but it's not quite as spectacular as it could be, and bears considerable resemblance to its Chevrolet Silverado rival.

What does impress is how much attention Ford paid to the details, offering such standout features as rear doors that open 170 degrees on the SuperCab for easier entry, LED spotlights on the mirrors that can be aimed to light up a campsite or work area, an electric liftgate that can be lowered with a button on the key fob, and a 360-degree camera that helps guide you to your trailer hitch.

It won't be long before the other auto makers chase this revolutionary (not evolutionary) new truck. But, for now, the F-150 is definitely the leader of the pack.

Compare

1 Chevrolet Silverado
Base price: $26,540
Redesigned for 2014, the Silverado and its sibling, GMC Sierra, feature engines with fuel-saving technologies.

2 Ram 1500
Base price:$26,995
The Ram is the only light-duty pickup available with a diesel engine and air suspension.

3 Toyota Tundra
Base price: $27,225
Available with a choice of two V8 engines, the Tundra is built exclusively in Texas.

DRIVE

The new Corolla found what the old Corolla was missing.

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are well on the way to achieving something that appeared to be out of reach. You have one last hurdle to overcome and one last doubter to convince.

♉ Taurus
April 21 - May 21
Treat yourself — do something for no other reason than it makes you feel good. Some people may be shocked by your extravagance but that will only add to your enjoyment.

♊ Gemini
May 22 - June 21
Something extraordinary is about to happen. Today's eclipse will enable you to turn what has been a dream into a real-life achievement.

♋ Cancer
June 22 - July 23
Don't be fooled if a rival appears to give in over something you have been arguing about for weeks. It will pay you to be suspicious over the next 24 hours.

♌ Leo
July 24 - Aug. 23
Don't be afraid to rock the boat — in fact, rock it a lot. You need to let others know no matter how much they disagree, you will do your own thing.

♍ Virgo
Aug. 24 - Sept. 23
Unseen forces are maneuvering you in a new direction, a direction that will ultimately make your life richer and more fulfilling.

♎ Libra
Sept. 24 - Oct. 23
Your luck is changing for the better but today's eclipse warns you won't get it all your own way. If you want to move ahead you will need to bring others along with you.

♏ Scorpio
Oct. 24 - Nov. 22
What happens today may be a challenge to your ego but no way is it going to break you. Make things easier for yourself by going with the flow rather than fighting against it.

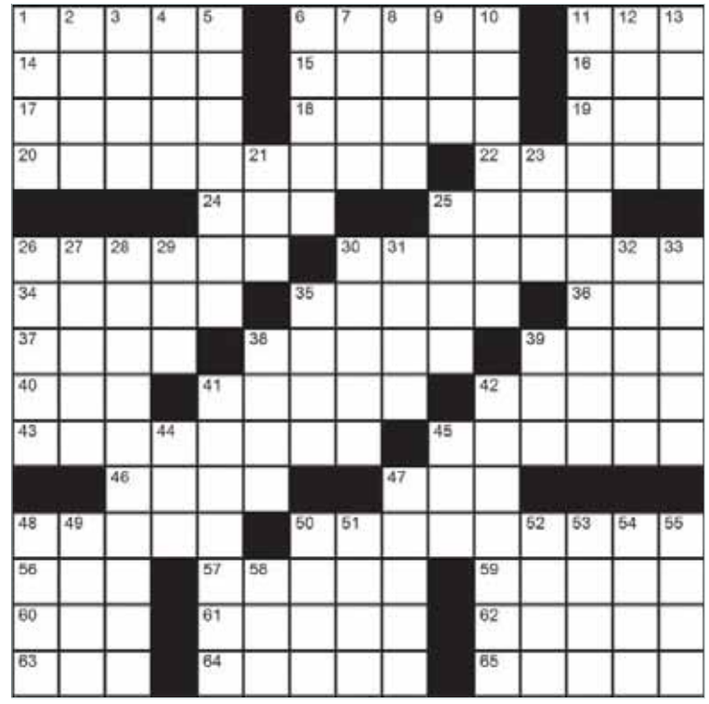
♐ Sagittarius
Nov. 23 - Dec. 21
You will find it easy to approach people today who may have seemed distant or unfriendly. Break the ice and make new friendships.

♑ Capricorn
Dec. 22 - Jan. 20
Today's lunar eclipse in the career area of your chart is a powerful omen and if you are as ambitious as people think you are you will go all out to start moving up in the world.

♒ Aquarius
Jan. 21 - Feb. 19
You have every reason to enjoy yourself. Even though some people appear to be having it tough, you can set a good example.

♓ Pisces
Feb. 20 - March 20
The winds of fate are blowing you in a new direction and all you have to do is relax and go with them. The planets indicate you'll do okay.

Crossword: Canada Across and Down by Kelly Ann Buchanan



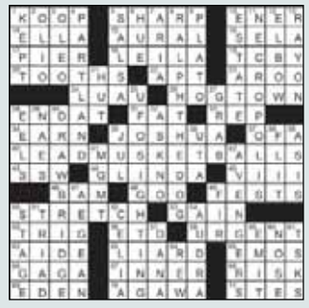
Across

1. Mr. Johnson, American Idol
6. Showbiz blogger Mr. Hilton
11. Energy
14. Ancient market
15. "It's good, _ __ it!"
16. Sweetie
17. _ __ _ (Vacationing reason)
18. Moves swiftly
19. Alberta: __ Island National Park
20. __ Rhyme, Comedian Tom Green's '90s rap group ...#11-Down for more!
22. Gaudy
24. Period
25. Con
26. Attribute
30. Painting props
34. 'And __ be he that moves my bones.' (Shakespeare's grave epitaph ending)
35. "For Whom the Bell Tolls" (1943) character
36. TV channel
37. Fe
38. French impressionist Claude
39. "It's __ real!"
40. "Emerald Point _._._" ('80s series)
41. Ms. Chanel's
42. Oak dropping
43. Saskatchewan village
45. Computer keyboard sort
46. Deal
47. Composer, Josef __ (b.1874 - d.1935)
48. Elbow: French
50. One who boosts confidence
56. Fitting-here bug
57. Alannah Myles' "__ of Mine"
59. In _ __ (Laundry's place)
60. Skater Midori
61. "Me, Myself & __" (2000)
62. "Reign" star Toby
63. And not
64. Like a Viking
65. French painter Edgar

Down

1. Verdi aria: "__ Nome"
2. Seaweed product
3. Short's opposite
4. Earth goddess in Das Rheingold
5. Blue-Red-Blue: Mr. Newman (b.1905 - d.1970), American artist of Voice of Fire
6. Takeout order
7. Author Mr. Wiesel
8. Peel
9. Hosp. readout
10. Spicier
11. "__ __ _._.": #20-Across hit
12. Mr. Hogan
13. Pac-Man ghost
21. Enraged emotion
23. Li'l elevation
25. Meadow cry
26. Betty Crocker product
27. Wall painting
28. Senior Crown __ (Title character's profession on "Janet King", new to CBC)
29. States' sailor service, shortly
30. Attach: 2 wds.
31. Bar beverages
32. Movie critic Roger
33. Cher duettist
35. A little, musically
38. Change position
39. Ancient dating letters
41. Type of fish Humpback Whales feed on off the coast of Newfoundland
42. "__." (Teen comedy on MTV Canada)
44. Non-verbally agree
45. Shoppers Drug Mart cosmetics line
47. Unrestrained purchasing
48. Actor Dean
49. Not fooled: 2 wds.
50. At all
51. YMCA part
52. Duellist's need
53. British actress Diana
54. Actor Idris
55. Vintage autos
58. __-Medonte (Ontario township)

Yesterdays Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6			4		3			1
4	5	2				8	3	6
		6	2		8	9		
9								8
		3	7		1	4		
8	9	7				6	5	4
5			8		4			7

Yesterdays Sudoku

3	6	2	7	5	8	4	9	1
8	4	7	9	6	1	5	3	2
9	1	5	4	3	2	6	7	8
4	7	6	2	9	5	1	8	3
5	9	8	1	4	3	2	6	7
1	2	3	8	7	6	9	5	4
7	5	1	3	2	9	8	4	6
2	3	9	6	8	4	7	1	5
6	8	4	5	1	7	3	2	9

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